Published by the Rush University Office of Student Affairs

### RING IN THE NEW YEAR AT RUSH

On Friday, January 6, celebrate the coming of 1995 at the "New Year's Eve" T.G.I.F. From 4:30 p.m. until 7:00 p.m. the Schweppe Auditorium will be the place to gather for reuniting with friends after the holidays, sharing new year's resolutions, and having your future foretold by one of the two psychics who will be present. Snacks and beverages will be available for a toast to the New Year. What does 1995 hold for you? Come and see at the "New Year's Eve" T.G.I.F.

# RUSH CELEBRATES THE ARTS

February 13 through 17, Rush-Presbyterian-St. Luke's Medical Center celebrates Fine Arts Week. An Art Fair will take place February 13 through February 17 in the Library on the fifth floor of the Academic Facility. The art work of many Rush students, faculty and staff will be on display. On Wednesday, February 15, the annual Student/ Faculty Music Recital will take place in Room 500. Watch for more information about these and other events taking place during Fine Arts Week at Rush.

### AN INCREDIBLE VALENTINE'S DAY WEEKEND GETAWAY!

You can win a fabulous WEEKEND TRIP FOR TWO TO NEW YORK CITY including round trip airfare, a two nights stay at the luxurious MAY-FLOWER HOTEL near Central Park and free tickets for SATURDAY NIGHT LIVE!

The Occupational Therapy Student Association will be selling tickets throughout the Medical Center and the academic buildings during the month of January. Tickets cost \$1.00 each or you can have seven chances to win for only \$5.00. The drawing will be held on February 1st and the winner will be contacted by phone. Mark your calendar for the weekend of February 8-10 just in case you're the big winner.

#### HAPPY BIRTHDAY, MARTIN LUTHER KING, JR.!

On Monday, January 16, we will celebrate the life of Dr. Martin Luther King, Jr. on the anniversary of his birth. There will be a birthday cake in the Schweppe Student Lounge from 12:00 p.m. until the cake is gone. Take a moment to remember a man whose life impacted our country so greatly.

# CLASS COMPOSITE INFORMATION

Volume XIX

Jan/Feb 1995

Number 3

Arrangements have been made with Wyckoff Portraits, Inc. for composite photographs of the graduating classes of 1995 from the Rush Medical College, Colleges of Nursing and Health Sciences and The Graduate College.

The photographer will be on campus in the Student Lounge, 023 Schweppe, on the following dates:

Monday, January 9 10:00 a.m. - 4:30 p.m. Tuesday, January 10 10:00 a.m. - 4:30 p.m.

We are requesting that you schedule an appointment in advance through the Office of Student Affairs. Appointments can be made during regular office hours, 8 a.m. - 5 p.m. BEGINNING WEDNESDAY, JANUARY 4, 1995. You may stop by the Office of Student Affairs, 023 Schweppe or call us at 942-6302 to schedule your appointment. Times will be scheduled on a first come first served basis. THERE IS NO CHARGE FOR THE SITTING.

We hope that all students will have photographs taken so that they may be included in the official University class composite. If you do not choose to order photographs for yourself, at least have your picture taken for the composite.

Information regarding photograph packages (5x7,8x10, wallets, class composites, etc.) can be obtained from the photographer at the time of your sitting. YOU ARE UNDER NO OBLIGATION TO PURCHASE ANY PHOTO PACKAGES.

Questions regarding photographs or class composites can be directed to Ann or Doreen in the Office of Student Affairs, 023 Schweppe, 942-6302.

### OFFICE OF FINANCIAL AID 119 SCHWEPPE 942-6256

### JEWISH VOCATIONAL SERVICE SCHOLARSHIP

The Jewish Federation of Metropolitan Chicago awards approximately \$150,000 each year to students of the Jewish faith who are legally domiciled in the metropolitan Chicago area, who are in need of financial assistance in the helping professions, and who are identified as having promise for significant contributions in their careers. An application and information can be obtained by contacting:

Scholarship Secretary Jewish Vocational Service One S. Franklin Street Chicago, Illinois 60606 346-6700, ext. 21214

#### JOSEPH COLLINS SCHOLARSHIP

Medical students who have a demonstrated interest in the arts and letters or other cultural pursuits outside the field of medicine are encouraged to apply for the Joseph Collins Scholarship for 1995-96.

The Joseph Collins Foundation was established in 1951 through a bequest of Dr. Collins for the purpose of aiding needy medical students to complete their M.D. program without sacrificing all other interests in the broad field of learning. The Foundation makes a maximum award of \$2,500 for one year, and the scholarship is renewable.

In addition to outside cultural pursuits, the following criteria are also considered: financial need, scholastic record, and an indication that the applicant intends to specialize in neurology, psychiatry or general practice. If you feel you meet these qualifications, please inform the Office of Financial Aid. The application deadline is February 20, 1995.

### ILLINOIS STATE MEDICAL SOCIETY LOANS

The Illinois State Medical Society Educational and Scientific Foundation (ISMS) provides funds to Illinois medical schools to award to medical students. ISMS loans are available to students who meet all of the following criteria:

- •M2. M3 or M4 student status:
- •demonstrate financial need:
- •an Illinois resident for five years; and •be a current ISMS member, or join after awarding of the loan by Financial Aid.

The maximum loan amount is \$2,500 and carries an interest rate of 5.5%. It must be repaid no later than 5 years after graduation, or completion of residency, whichever occurs first. The loan is repaid in four installments over 12 months. Co-signers are required by ISMS prior to loan approval.

If you are interested in receiving this loan, please notify the Financial Aid Office by January 15, 1995. Please contact Financial Aid if you have any questions.

#### WISCONSIN OFFERS LOAN REPAYMENT FOR HEALTH CARE WORKERS

Wisconsin offers primary care physicians, nurse practitioners and certified nurse midwives an opportunity to reduce loan indebtedness for working in designated medical shortage areas in Wisconsin. Physicians are eligible for \$50,000 and other qualified health professionals are eligible to receive up to \$25,000 in loan reimbursement.

Application deadlines for physicians are scheduled annually on December 1st and April 1st. The application deadline is April 1st for other health care workers. An information sheet is available in Financial Aid, or you may call 800-385-0005 for more information.

A resource book on all state loan repayment programs for physicians and health care workers is available in Financial Aid.

### VARIABLE INTEREST RATES FOR ALL STAFFORD LOANS

Recent changes to the Stafford Loan program will effect the interest rate of your Stafford Loans. This change brings in line the interest rate on prior Staffords to the rate on the new Federal Direct Student Loan program. The loans subject to this change are:

- 1. Loans disbursed at the 8/10% interest rate before July 23, 1992, and new 8/10% loans disbursed to first time Stafford Loan (includes Guaranteed Student Loans and SLS loans) borrowers on or after July 23, 1992, and prior to October 1, 1992.
- 2. Loans to "old" borrowers that were disbursed at a fixed interest rated (7%, 8%, 9%, and 8/10%) on or after July 23, 1992.

Your lender must notify you of this change in your interest rate. The new interest rate is determined by federal law; however, the interest rate may never exceed the fixed interest rate at which the loan was disbursed, or for loans that were converted to the variable rate at disbursement, the fixed rate at which the loan would have been disbursed. In other words, you will not be paying any more for this change in interest rate.

Your lender must make this conversion to the annual variable interest rate by January 1, 1995. This notification must include (among other items):

•an explanation of how the new rate is calculated, the effect of the change on the loan(s) for you, and the effective date of the change.

#### **SCHOLARSHIPS**

The Albert Strickler Memorial Fund provides interest-free loans for medical students. Funds are awarded based upon demonstrated financial need. Jewish applicants will be given high consideration. Applications must be submitted by June 30, 1995, and will be available in the Financial Aid office by mid-January.

The Joanna F. Reed Scholarship is available to permanent residents of Alabama and Northwest Florida. Applicants may be enrolled in any U.S. accredited medical school, must obtain recommendations, and prove financial need. Applications must be submitted by May 15, 1995, and are available in the Financial Aid office.

Pro Therapy of America is offering a \$5000 grant to physical and occupational therapy students in their final year of study. Awardees must agree to a one-year commitment, and will receive an attractive benefit package which includes furnished housing and continued educational funding. Applications may be submitted at any time, and are available in the Financial Aid office.

The Jon P. Weisinger Memorial Scholarship is available to full time graduate or undergraduate nursing students. Applicants must demonstrate financial need and be in good academic standing. Students may receive up to \$1,500 per year and must agree to work in an AIDS related field for at least one year after graduation. Contact the Financial Aid office for applications.

The Stanley J. Sarnoff Endowment offers twelve-month cardiovascular research fellowships to outstanding medical students. Applicants must be in their third or fourth year of study, and demonstrate intellectual, academic, and leadership ability. A yearly stipend of \$17,500 and an allowance of \$2,500 for travel expenses will be awarded. Applications must be submitted by January 25, 1995 and are available in the Financial Aid office.

The American School Health Association awards annual scholarships to full time graduate and undergraduate students majoring in School Health Education, School Nursing or Adolescent/Pediatric Dentistry. In addition, a minority scholarship is available for graduate study in Health Education. Applications must be submitted by April 3, 1995 and are available in Financial Aid.

The Aid Association for Lutherans offers scholarships to adults in all academic fields. Recipients are selected based upon career goals, academic achievement, and church/community involvement. Contact the Financial Aid office for further information.

Jewish Vocational Service awards scholarships to Jewish men and women who are legally domiciled in the metropolitan Chicago area. Applicants must demonstrate financial need and show promise for significant contributions in their chosen careers. Applications must be requested directly for the agency at 312/357-4521. The deadline for submission is March 1, 1995.

The Swiss Benevolent Society of Chicago awards scholarships to undergraduate students of Swiss descent. Applicants must reside in Illinois or Wisconsin, have a G.P.A. of at least 3.5/4.0, and may attend any U.S. school. Written requests for applications must be submitted by students by February 5, 1995. Applications themselves must be submitted by March 5. Contact Financial Aid for further information.

American Medical Technologists offers scholarships to students of medical technology and medical assisting who can demonstrate financial need. Applications must be submitted by April 1, 1995 and are available in the Financial Aid office.

Business and Professional Women's Foundation provides financial assistance to graduate and undergraduate women. Applicants must be U.S. citizens and demonstrate financial need. Students must request applications directly from the agency by April 1, 1995. Contact the Financial Aid office for details.

The Native Hawaiian Health Scholarship Program is seeking applicants for the 1995-96 school year. Eligible programs of study include nursing, medicine, clinical psychology, social work, public health, nutrition, ma-

ternal child health, dentistry and health administration. Benefits include a monthly stipend of \$796 and payment of tuition, fees, books, and reasonable supplies. Each year of financial support requires a year of clinical service to native Hawaiians. Applications must be submitted by March 28, 1995 and are available from Financial Aid.

The Wisconsin Health Professions Loan Assistance Program offers loan repayment for medical and nursing students willing to work in medical shortage areas of the state. A maximum of \$50,000 for medical and \$25,000 for nursing debt will be paid over a period of five years. Applications are due by April 1, 1995. Contact the Financial Aid office for additional information.

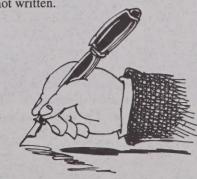
## "Thank You" Letters to be Requested Soon

Due to the generosity of various groups and individuals, a number of Rush students were the recipients of need based scholarships and loans. The donors of these funds could have easily decided to support a research program or some other initiative at Rush, but instead made a commitment to needy Rush students.

We will be sending to some students a letter requesting them to say "thank you" in their own way to the individuals and groups that have assisted them this year.

Please respond promptly to this request and show your appreciation by providing the information that is requested. THANKS!!

P.S. Scrooge will withhold the Winter Quarter disbursement of the institutional aid if a "thank you" letter is not written.



### **Inside the Student Counseling Center**

### Marilyn Johnson, Ph.D.

It is said that we live in a culture of narcissism. This presents a problem for those of us in the helping professions since one of our chief motivations is said to be the desire to help others. In the practice of our work, this conflict between self-interest and devotion to others gets played out in many ways, with now one side, now the other being dominant. Everyone must work through to his or her own compromise. The working through process may be helped by recalling real life instances of professionals who obtained their deepest satisfaction from sacrificing for others.

Vacationing in the Canadian Rockies, we came to a beautiful glacier and a mountain named, to my great surprise, for a woman. A plaque at the glacier site gave a three-sentence account of Edith Cavell's life. Her story deserves to be told at greater length.

Edith Cavell was born to a vicar and his wife in 1865 in a small village in the northeast of England. Like many young women of her class and time, she found work as a governess; after five years, including a period living with a Belgian family in Brussels, she decided that nursing would become her life's work. she trained at a large London hospital and then worked as a staff nurse for several years.

In 1907, Dr. Depage, a Belgian physician, made plans to open the first nursing school in his country and Edith was offered the position of matron. Her familiarity with the language and her love of the country made her a natural choice. Her clinic, a school and hospital, grew rapidly; young women from all over Europe came to live and study there. Edith's life became totally involved with the clinic and its student nurses. Her biographies make no mention of any romantic attachments; her social life consisted of occasional activities with friends.

If asked to describe Edith at this time, one would have portrayed her as deeply religious, intensely conscientious about her family obligations and imbued with a strong sense of duty toward others. In other words, she possessed a powerful conscience, a strong sense of right and wrong. Moral relativism was virtually unknown to her. If asked to predict her life course at this time, one would have envisioned her staying on at the clinic, having her professional and personal needs met by this one source. However, events occurred which affected her in ways one could not have imagined.

The German army invaded Belgium and France in August 1914. Edith's daily existence was not greatly affected by the military occupation of Brussels as she and the clinic were respected and were not interfered with by the Germans. The situation in the countryside was different, however. French, English and Belgian soldiers who had been cut off from their outfits during the German invasion hid out in the forests of rural Belgium. Many country people not only hid them in their farms and cottages but some actively searched for them in wooded areas; one especially brave group of young women who carried out these missions became known as the angels of Mons. The rescuers set up an underground system to get the men out of occupied Belgium to safety in Holland. They were risking their lives since the Germans made it known that those who aided Allied soldiers would be punished by death.

The first stop en route to Holland was Brussels. The rescuers sought a hiding place in Brussels that was large enough to house several soldiers at one time. After several fruitless attempts to find shelter for two wounded soldiers, Dr. Depage's wife suggested that resistance members contact the clinic; she

did not know how Edith would react but she was desperate. Edith responded instantaneously. It was her duty as a Christian to aid the soldiers, she felt, and eventually she opened her doors to as many soldiers as found their way to the clinic. She had to take her assistants into her confidence and together they sheltered over 200 men during the first year of the war. She felt a special fondness and sense of protectiveness toward the English soldiers.

When the Germans began to become suspicious of actions in the clinic and to make sudden inspections there, Edith and the other women were always able to keep the men hidden, despite some close calls. By this time, Edith was acting as a guide, leading soldiers out of Brussels, as well as offering them the protection of the clinic. As German suspicion increased, her friends and even some resistance workers advised her to discontinue her activities but their urging had little effect. She had become so committed to the cause that she responded to a friend counseling caution that she would not cease as long as one soldier needed her help.

Did she believe that God would protect her? Was she so confident that her role as a nurse and an Englishwoman would keep her from harm? Did she never tremble when no one could see? Those around her saw that she grew thin and tense but they never saw her waver.

On August 4, 1915, the Germans arrested Edith along with 34 other resistance workers. She was taken to a cell in the national prison in Brussels where she was questioned about her activities. During her imprisonment, she wrote to her mother in England that she felt relieved to have been found out. She was exhausted from the tension of her resis-

tance work and felt that God had given her the peace and rest that were enforced by her prison stay.

After ten weeks of imprisonment, the 35 were put on trial; the trial lasted two days and Edith's testimony lasted four minutes. Late in the afternoon of Monday, October 11, the sentences were handed down. Some prisoners were acquitted, some were given prison sentences of several years and five were condemned to death. One of the five was Edith Cavell. Although a public announcement of the verdicts was not made for some time, the news reached the American ambassador almost immediately. Because the English and Germans were at war, the English consulate in Brussels was closed and the Americans stood in for them in dealing with the Germans. American officials talked through the night with the German officials but they remained steadfast.

At seven the next morning, Edith and a comrade died before a firing squad. Her final words to an English minister friend have been quoted often since then: "Standing as I do between God and eternity, I know that patriotism is not enough." These words became an inspiration to the Allied side, urging people to act on their patriotic feelings as she had. After the war ended, Edith's body was brought back to England where it lay in state in Westminster Abbey before final burial in the village of her birth.

Few of us are faced with the kinds of choices Edith had to make. However, we frequently must decide whether or not to act on our altruism and the greater the risk to us, the greater is our hesitation. It is too easy to say that Edith's choices were obvious and that ours are not so black and white. We may blur them to grey to avoid taking action. As we gain experience, we develop a sense of how far we will go in each direction, toward self-interest and toward altruism. Eventually we will react automatically much of the time but the nature of our work makes it inevitable that crises will force us to

make the choice over and over again. At such times, we may think back to the men and women whose courage and selflessness have moved us. To know the risks, to be frightened of them, and yet to act to help others is a wonderful ideal.



# A REMINDER FROM FINANCIAL AFFAIRS

Winter Quarter 1995 tuition is due the week of January 2, 1995 for all students. Tuition can be paid or payment arrangements can be made immediately. You can also mail in your payments to the following address:

Rush University
Office of Financial Affairs
1743 W. Harrison
Chicago, IL 60612
Attn: Jerry Thompson

Mailed payments must be postmarked by January 16, 1995. Any unpaid balances will be assessed a \$100.00 late fee.

Please remember change of address notification is your responsibility. Statements are mailed to the address we currently have on file. If you do not receive a statement, make sure we have a current address so that you do not receive the \$100.00 late fee!

Students who are also Rush Employees: did you know that it is possible to have tuition deducted from your paycheck? If you would like more information about this service through payroll deduction or if you have any question about your tuition, please call the Office of Financial Affairs at (312) 942-6584.

#### ARE YOU SEEKING EMPLOYMENT?

College Admission Services, 119 Schweppe Sprague is seeking a Work Study eligible student for six to eight hours a week (flexible). The salary is \$6.25 per hour. Contact Phyllis Peterson at 942-7100.

The Payroll Department is looking for one Work Study eligible student for filing and general office duties. The wage is \$6.00 per hour and approximately 20 hours per week are required. Call Joann Garbacz at 942-5623.

The Office of Student Affairs is seeking a Work Study eligible student for 10-12 hours per week. The rate of pay is \$6.00 an hour and the qualifying student must be able to work at least two lunch hours (12:00 - 1:00 p.m.) and two evenings (5:00 - 10:00 p.m.) Call Ann or Doreen at 942-6302.

Continuing Medical Education (520 AcFac) needs a Clerical Assistant for light typing, filing, and copying. Hours vary and the rate of pay is \$6.25 per hour. If interested, call Vickie O'Sullivan at 942-7119.

The Registrar's office, 101 Schweppe, is seeking a detail oriented student. This position requires a commitment of approximately 10 hours a week and the qualifying student must be Work Study eligible. The rate of pay is \$6.25 per hour. Contact Ann Schuppert at 942-5681.

The Office of Financial Affairs is seeking two Work Study eligible students to work in the Financial Affairs/Bursar's department. A commitment of approximately 10 hours a week is required (business hours) and the rate of pay is \$6.00 per hour. Call Financial Affairs Manager, Jane Scopelliti at 942-6849 if you are interested in one of these positions.

# COLLEGE OF NURSING Office of Student Support Services

#### Lunch With the Dean

The Student Faculty Advisory Committee invites Prelicensure Students to a luncheon with the Dean. The luncheon is scheduled for noon on January 24, in the first floor auditorium of Schweppe. Food is free, so bring your questions, comments, interesting conversation, and an appetite and meet with Dean Andreoli.

#### **Programs of Study Due**

The Office of Student Support Services is reminding all Nursing Students to consult with your advisor and submit your up-dated programs of study by February 9 to the Office of Student Support Services, suite 1418, Schweppe. The earlier the better!

#### OSHA and Health Requirements

Every year, all nursing students must fulfill OSHA, CPR, and TB Test requirements to practice in the hospital. Students who have not fulfilled all these requirements WILL NOT BE ABLE TO PARTICIPATE IN CLINICALS. Instructors and course directors will be given names of people who are not in compliance and instructed to disallow further participation by those students. (This is serious, the writer didn't use any contractions in this paragraph.) Fulfill your health and safety requirements or find out what you are missing from the Office of Student Support Services.

#### **NCLEX Orientation**

NCLEX orientation will be held on January 17 from 10:00 a.m. to 11:00 a.m. in Room 203.

#### **To GEL Students**

GEL students finishing in the Winter Quarter must turn in by February 9 the transfer to graduate study form indicating the desired degree and area of concentration. Consult with your advisor and the Associate Chair of the department in which you will be studying. Check your mailboxes for the forms you will need to complete.

#### **Removing Incomplete Grades**

All students must pay the enrollment fee while removing an incomplete if they are not registered for any other courses.

Quick note: Once you have been assigned a new advisor, the new advisor should sign any request for leave of absence.

## Scholarships for Graduate Students

The American Cancer Society is offering scholarships for advanced study in Cancer Nursing for Doctoral and Master's degree nursing students. Continued study must be in cancer nursing. The scholarship includes subsistence and tuition expenses for a total of \$8,000 each year. Contact the Office of Student Support Services, suite 1418 Schweppe for further details.

The Illinois Consortium for Educational Opportunity Program (ICEOP) offers financial awards to selected minority Master and Doctoral Students. The award provides a \$10,000 stipend for full-time students & \$5,000 for part-time students. Applicants must be African-American, Hispanic, Native American or Asian American. Contact the Office of Student Support Services, suite 1418 Schweppe for further details.

The Illinois Minority Graduate Incentive Program offers financial awards consisting of full tuition and fees, annual stipend of \$12,500, and annual allowance of \$15,000 for books, supplies and travel. Upon completion of degree and acceptance of appropriate employment, the recipients are eligible to receive a \$15,000 placement incentive. Applicants must be African American, Hispanic, or Native Americans Contact the Office of Student Support Services, suite 1418 Schweppe for further details.

Nurses' Educational Funds, Inc. grants scholarships to registered nurses for Master and Doctoral study. Application Kits for the 1995 - 96 academic year are available until February 1, 1995. Deadline for submitting completed applications is March 1, 1995. Application kits may be requested from:

Nurses' Educational Funds, Inc. 555 West 57th Street New York, NY 10019 Phone: (212) 582-8820 Requests must be accompanied by a check for \$5.00.

## Internships with the State of Illinois

The State of Illinois is offering internships in government through the James H. Dunn, Jr. Memorial Fellowship and Vito Marzullo Internship Programs. Minimum qualification for acceptance is completion of a bachelor's degree by the commencement of the program in August. There are no preferences to specific undergraduate or graduate fields or majors. The programs will include attending seminars and for many students, working with the Governor's executive staff. The application deadline is February 15, 1995. Applications and further details are available in the Office of Student Support Services.

#### ATTENTION NURSING STUDENTS

The Gamma Phi Chapter of Sigma Theta Tau International Honor Society invites all potential inductees to attend an "Invitational Tea" in the Medical Center's Room 500 on Wednesday, February 22, from 4:00 to 5:00 p.m. Potential candidates for membership include:

•Juniors or Seniors who have completed at least half of their course work and have a G.P.A. within the top 35% of their class (at least a 3.0 G.P.A.). Formal G.P.A. calculated at the end of Winter Quarter.

•Masters level students who have completed at least 25% of their course work and have a G.P.A. of 3.5 or greater.

•Doctoral students who have also completed at least 25% of their course work and have a G.P.A. of 3.75 or greater.

Information about Sigma Theta Tau and, in particular, the Gamma Phi chapter will be provided at the TEA.

Formal letters of invitation to join Sigma Theta Tau will be distributed at the end of Winter Quarter. Watch for information posted in Student Affairs and throughout Schweppe Sprague Hall.

# NURSES' CHRISTIAN FELLOWSHIP

Nurses' Christian Fellowship has some exciting events planned for January and February! Survival Talk #3, "Ethical Decision Making" is scheduled for January 16. January 31 is the date of our next "tasty" bake sale. On February 8 we'll have Survival Talk #4, "Love" with an intriguing discussion followed by a Valentine's Day party.

NCF's big retreat, Winterfest, is being held over the February 17-19 weekend. It will be a great time for growth in God, meeting new people and having fun! Finally, we will continue with our regular prayer meeting and dorm and commuter Bible studies. We will also be starting an Investigative Bible study where people can freely ask any questions they have about God, the Bible, life, etc. Look for specific times and places posted on flyers all over the University. We look forward to seeing you!

#### **FALL QUARTER 1994 DEAN'S LIST**

Congratulations to the following students in baccaluareate nursing programs who earned at least a 3.50 quarterly grade point average for a full time course load during the **Fall Quarter 1994**. The list of Perfusion Technology and Medical Technology students will be published in the next issue of the *Rush Reporter*.

#### **Undergraduate Nursing**

#### **Graduate Entry Level Nursing**

Gayle Anthony
Elizabeth Arado
Mary Frances Arcu
Man Chit Au Yeung
Craig Beaty
Amelia Beckett
Megan Bishop
Jody Bormann
Dianne Bowman
Margaret Brander
Maura Capaul
Rhonda Conrad
Cara Coomer
Georgia Curtiss
Dilini DeVas
Judith Ganz
Ava Griffin
Laura Haverty
Sueane Hemmer
Jennifer Heniff
Sonja Jovanovich
Bridget Kilpatrick
Melissa Klein
Leslie Long
Shannon Mahoney
Peggy Mateski

Heather Matty Daliah Mehdi ri Heather Moore Elisa Mroz Catherine Narcavage Gary New Dyan Overbeck Geralyn Pawelski Yolanta Pluta Mary Price Kerry Quinn Raul Quirarte Bonnie Rebella Robin Reinhardt Ann Rigor Michele Ross Lynn Sako Toni Simonaitis Victoria J. Stamm Elvira Stawarski Karen Stromsland **Emily White** Carolyn Wilson Katrina Wright

Suzanne Yoder

Kara Aalfs Jennifer Bestland Ellen Blood Belinda Brown Jane DeMichele Karen Dummer Lauren Foster Kathleen Galovich Maria Goldsmith Tom Gutchewsky Heather Hromadka Kenneth Hugel Anne Keller Robert Lewis Kevin McBride Susan Meier Kathleen Miksis John Pond Will Toperoff Antoinette Verlodt Julie Zeno



### **ACADEMIC SKILLS CENTER**

Michael J. Harris, Ph.D., Director

# **Increasing Comprehension by Activating Prior Knowledge**

Excerpted from ERIC Document ED328885, ERIC Digest, 1991

The focus of this summary was to discuss 1) the relevant research around this subject and 2) the implications for the classroom.

The question asked was: Is there value in providing activities and strategies for students to activate their prior knowledge of subject matter? This summary article looked into three possibilities:

- a) the value of building the reader/learner's back ground knowledge
- b) the value of activating the reader/learner's existing fund of knowledge PRIOR to his/her engagement in a reading activity.
- the value of guiding the reader/learner DURING a reading activity and providing a review AFTER a reading activity.

If a reader/learner has a poor fund of knowledge, instruction needs to be focused in the following areas:

- i) strengthening vocabulary before challenging the reader/learner in the activity
- ii) offering instructor reading/learning experiences (as a model for students)
- iii) introducing a conceptual framework that will en able reader/learner to build an appropriate knowledge base for themselves.

A number of the sources cited in this ERIC digest spoke of "preteaching (/learning) vocabulary" as a means for increasing learning from text material. This approach requires that the words taught be key words in certain "targeted passages". Words also need to be presented in semantically and topically related sets so that word meanings and database improve concurrently. The suggestion is also made that small increments of words be taught per lesson per week (my own perspective is that the student, in this case, the Rush student, can take much of the responsibility for effort at this level). For the concept we have been discussing to be effective, an extensive and long-term vocabulary strand and a parallel database strand is probably necessary.

When a learner can enrich his/her background knowledge, it is possible that his/her comprehension will increase.

In studies by Graves et. al. (1980; 1982) found that if learners read previews of lessons which contained previously taught material, their performance on the actual lesson was increased dramatically. Other workers found that high school history students given prior background preparation, learned better than did a control group that had no such preparation (Stevens, 1982). How the background information was presented (its form) was found to be unimportant in a study made by Hayes and Tierney (1982). Alvarez (1990) used case-based instruction to develop learners' abilities to assemble and incorporate different knowledge sources in memory. The latter investigator taught his students how to use thematic organizers and hierarchical concept mapping in their reading.

Though little attention has been paid to a reader/learner's background knowledge, it has been clearly established that for learning to occur, new information must be integrated with what is already known (Rumelhart, 1990).

The implications for instructors should be obvious. If they engage their students in prior knowledge experiences routinely in the classroom, they will be better able to value the students' level of understanding of subject matter. Prior knowledge is a major factor in comprehension: that is, making sense of one's learning experiences. It is important that the learning environment be stable and familiar. We all know that the human mind is enormously curious and hungers for discovery, challenge and novelty. Our task as instructors is to challenge our students to call upon their collective prior knowledge. It is truly essential. If we follow this process, we move our students from merely memorizing events rather than simply remembering things in bits and pieces.

The ERIC digest report speaks of three categories of student prior knowledge: 1) much: superordinate concepts; definitions; analogies and linking; 2) some: examples; attributes; defining characteristics; 3) little: associations; morphemes; sound alikes; firsthand experiences.

There are a number of ways a teacher can assess prior knowledge: 1) brainstorm the topic. Write all of the information elicited from the learner on a flip chart, chalkboard or overhead transparency; 2) ask specific and/or general questions about the topics. See what responses are given; 3) post a problem or give a scenario: find out what the learners know about it. Take data. Make a decision about the appropriate form of instruction.

The closing advice given for teachers is:

- 1) present information which builds
  - a) background ideas
  - b) concepts
  - c) principles
- 2) show, do not tell through
  - a) demonstrations
  - b) multi-media presentations
  - c) graphical presentations
- 3) use outside resources speakers, field experiences
- 4) relate personal experiences about the topic
- 5) use any combination of items 1 4

References cited:

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Alvarez, M.C. 1990. "Knowledge Activation and Schema Construction:, Paper presented at the Annual Meeting of the American Educational Research Association (AERA), Boston, MA, 25p.

Rumelhart, D.E. 1980. "Schemata: The Building Blocks of Cognition", In R.J. Spiro et. al., Eds. <u>Theoretical Issues in Reading Comprehension</u>, pp. 33-58, Hillsdale, NJ: Erlbaum.

# EMCORP Gives Students Exposure to Emergency Medicine

The Emergency Medicine Clinical Orientation Program (EMCORP), now in its second year, was founded to give Rush Medical College students an opportunity to explore one of the fastest growing specialties in the United States. This innovative program (affiliated with the American College of Emergency Physicians) is designed to provide students with positive emergency medicine experiences, and to obtain role models/advisors for those who may choose this field as a career. While following attending physicians during their shifts, students receive a unique one-on-one learning experience, and beneficial exposure to Emergency Medicine.

Cook County Hospital, the primary site for the EMCORP program, grants students, even in their pre-clinical years, the chance to see emergency care in an environment unlike any other. Recently Rush North Shore Hospital also agreed to let medical students involved in the program observe their Emergency Department physicians in action. This new location should provide EMCORP participants with an introduction to the field from yet another interesting perspective.

Following an orientation program, students are scheduled to spend part of a shift in the Emergency Department. Orientation consists of an introduction to Universal Precautions, Basic Life Support, and First Aid training. Along with this instruction, EMCORP sponsors workshops on related

topics throughout the academic year. In November, EMCORP, along with the American Medical Association, sponsored a very successful workshop attended by over sixty students. Dr. Jerold Leikin discussed many different aspects of poison control, and Dr. John Timmons led a suture clinic which the students practiced basic techniques on pig's feet. A splint and phlebotomy workshop, planned in conjunction with the Family Practice Interest Group is scheduled for February.

A program which allows students to experience clinical medicine during the often esoteric pre-clinical years can be useful in maintaining student enthusiasm. This enthusiasm, carried into the clinical experience, may translate into an enduring appreciation for Emergency Medicine as a specialty, regardless of the student's eventual career choice. This early exposure to emergency medicine will go a long way for EMCORP participants.

EMCORP Officers for 1994-1995:

Faculty Advisor: Jerold Leikin, MD, FACEP,

Department of Emergency

Medicine

Co-Presidents: Louise Kao (M2)

Karin Molander (M3)

Secretary: Tom Eiseman (M2)
Treasurer: Steve Olivar (M2)

Other Officers: Andrew Schmitt (M1)

David Schultz (M1)

### **HEALTH AND FITNESS NEWS**

#### Call 942-2817 to register for any of the following programs.

#### **AEROBICS**

Low-impact and step aerobic classes are offered throughout the week in the Schweppe auditorium. These one-hour classes are taught by trained aerobic instructors and are a lot of fun! Your first class is FREE! Cost is \$3 per class or 11 classes for \$25. Stop by the Health and Fitness office in 110 Senn to pick up your January/February calendar.

#### **CHOOSE TO LOSE**

Turn your New Year's resolution into a reality! Find out about the 10-week Choose to Lose program by attending a free orientation on Thursday, January 5 at 12:00 p.m. in Room 316 Schweppe.

#### **CPR CERTIFICATION**

Learn this lifesaving technique. First time certification and recertification will be given at this four-hour seminar on Tuesday, January 24 from 8:00 a.m. - 12:00 noon and on Tuesday, February 21 from 12:00 noon - 4:00 p.m. Adult, adolescent and infant CPR will be covered. Bring your \$10.00 registration fee to the Health and Fitness office (110 Senn) January 2 - 20 for the January class or between February 1 - 17 for the February class.

#### **HEALTH FAIR**

Stop by the cafeteria on Tuesday, January 3 from 11:00 a.m. until 2:00 p.m. to pick up free health literature, find out about the new classes for 1995, and enter a raffle for free prizes! Let 1995 be your healthiest year ever!

#### **HEART SMART**

Give your Valentine something extra special this year, the gift of good health! The Employee Health and Fitness staff will provide a heart smart quiz and prizes to those who participate inside the hospital cafeteria on Tuesday, February 14 from 11:00 a.m. until 2:00 p.m.

#### LUNCH 'N LEARN

"Facing Violence - Helping Children Cope in a Violent World" will be presented on Wednesday, January 11 at 12 noon in Room 205 Schweppe. "Building a Strong Relationship: How to Communicate with Your Partner" will be discussed on Wednesday, February 15 at 12 noon (location to be announced). Call 942-2817 to register.

#### SELF-BREAST EXAM CLASS

Learn how to properly do this life saving technique. This 45 minute session will provide education on breast cancer risk factors, American Cancer Society guidelines and proper techniques for self-breast exam. A free 45-minute class will be held in the Comprehensive Breast Center, 863 Professional building, at 12:00 noon on Tuesday, January 10 and February 14. Call 563-2325 to register.

### **ENTERTAINMENT PAGE**

#### THE 70'S REVISITED

Where were you when it was cool to "streak"? Turn back the clock to the 1970's at a time warp T.G.I.F. on Friday, January 20. From 4:30 - 7:00 p.m., Schweppe Auditorium will resound with the sounds of the 70's. Dig out your bell bottoms and brush up on 70's trivia as we take a trip back to the past. Snacks and beverages will be served. This party is sponsored by the Occupational Therapy Student Association.

#### ICE CREAM SOCIAL

Rush College of Nursing Alumni Association and the Office of Student Affairs invite you to attend the annual Ice Cream Social. On Tuesday, February 28, from noon until 1 p.m., Schweppe Auditorium will be the place to "get the scoop." Stop in for a cool lunchtime treat.

### ARE YOU READY FOR A SPELLBINDING EVENING?

Presenting Frederick Winters, Hypnotist . . . a spellbinding entertainer!! Join us on Friday, March 3, for an evening of fascination by this talented performer. From 6:00 - 7:30 p.m. Frederick Winters will be performing in A.B. Dick Auditorium. Audience participation is key to this show, so come and bring a friend. Who knows? You could volunteer to be hypnotized and become a star for the evening. Whether you are under hypnosis or only a spectator, you're sure to enjoy this evening filled with intrigue, laughter, and memorable moments.

#### STUDENT AFFAIRS TICKET WINDOW

"Walt Disney's World on Ice" featuring "Snow White and the Seven Dwarfs".

Friday, February 3 show at 7:30 p.m. at the United Center. 40 tickets are available at \$13.00 each; purchase limit of 2 per student. Ticket sales begin Monday, January 23.

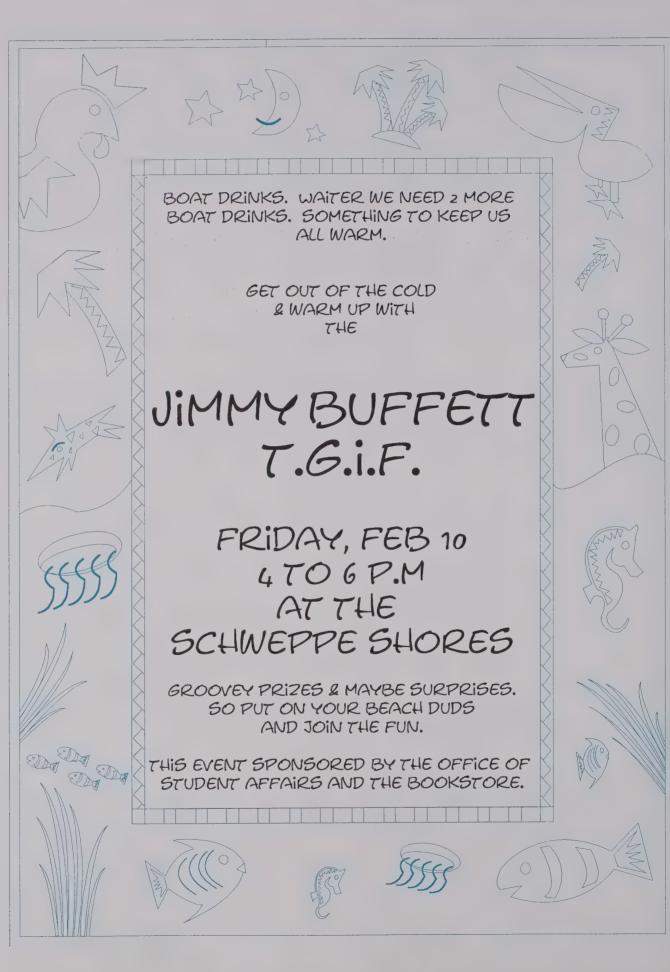
"Stars on Ice" featuring Kristi Yamaguchi, Scott Hamilton, Katarina Witt, Gordeeva & Grinkov, Paul Wylie, and more.

Friday, February 10 show at 8:00 p.m. at the Rosement Horizon. 30 tickets available at \$16.00 each; purchase limit of 2 per student. Ticket sales begin Monday, January 30."

"Sheer Madness", a comedy whodunit.

Two shows, Sunday, February 12, 3:00 p.m. and 7:30 p.m. at the Mayfair Theatre/Blackstone Hotel. 16 tickets available for each show at \$15.00 each (an \$8.00 savings). There is no purchase limit for these shows. Ticket sales begin Tuesday, January 3.





Published by the Rush University Office of Student Affairs

#### **Commencement Preparations Under Way**

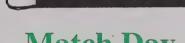
Looking forward to graduation? Who wouldn't be?! The student services staff is already hard at work preparing for the big day. We're ordering diplomas, measuring for caps and gowns, preparing financial aid exit interview materials, etc. If you haven't already, mark your calendar now for Saturday, June 10. The ceremony at Medinah Temple (Wabash and Ontario Streets) starts at 4:00 p.m., but graduates need to be there by 3:15 to "suit up" and find their place in line. As commencement draws closer, watch your mail for important information which will be sent to you. If have not been measured for your cap and gown, contact the Office of Student Affairs (023 Schweppe, extension 26302).

If you are graduating this year and have not been sent a brown "Intent to Graduate" form, you need to contact the Registrar's Office (101 Schweppe Sprague Hall, extension 25681). Students completing degree requirements in Winter 1995 (March), participate in the June 10 commencement ceremony. However, Ph.D. and D.N.Sc. candidates may participate in June only if they have completed all degree requirements by May 15, 1995. This includes a signed Dissertation Approval Form. N.D. candidates may only participate if the N.D. project is completed and the signed N.D. Project Approval Form is received by the Registrar's Office.

### GET HYPNOTIZED

An evening of extraordinary entertainment awaits you on Friday, March 3. Spellbinding hypnotist and entertainer, Frederick Winters, will be performing from 6:00 p.m. until 7:30 p.m. in AB Dick Auditorium. Twenty lucky members of the audience will fall under his spell. Maybe you will be one of them!

As an added treat to this wonderful event, Student Affairs will be serving pizza in the Schweppe Auditorium from 5:00 - 5:30 p.m. A limited amount of pizza will be available on a first come/ first served basis. You are asked to bring your student I.D. and present it at the door. If you wish to bring a guest, he/she must arrive with you at the pizza party.



# Match Day

Match Day for fourth year medical students will be on Wednesday, March 15, 1995 in Room 500. We would like you to arrive in Room 500 by 10:30 a.m. At that time you will vote for faculty awards, place your order for commencement announcements, get measured for cap and gown (if you have not done so already), etc.

After the match, you are invited to attend a party in your honor at Morretti's. If you have any questions regarding Match Day or other commencement related activities, please feel free to call the Office of Student Affairs at extension 26302.

#### MARCH IS WOMEN'S HISTORY MONTH

The Rush Multicultural Affairs Coalition (MAC) has planned the following program for Women's History Month:

On March 7 from noon until 1:00 p.m. in room 441 of the Academic Facility there will be a video and discussion of Maya Angelou's poem "And Still I Rise". Ms. Angelou's poem introduces an analysis of images of African-American women in the media with emphasis on the misrepresentation of their sexuality in popular culture.

Wednesday, March 14 from noon until 1 p.m. in the Taylor Chapel located on the first floor of the Kellogg Pavilion, there will be a celebration of International Women's Day of Solidarity in words and music.

There will be a video and discussion on March 21 from noon until 1:00 p.m. in room 441 of the Academic Facility featuring "Complaints of a Dutiful Daughter". A woman describes her experiences with her mother who has Alzheimer's Disease.

The final program for Women's History Month is a video and discussion on March 28 from noon until 1:00 p.m. in 441 of the Academic Facility. This video, "Menopause: Our Shared Experience" will allow us to view various aspects of menopause and discuss it with a diverse group of women, some of them experts who are currently going through menopause.

Everyone is welcome at all of our programs!

### OFFICE OF FINANCIAL AID 119 SCHWEPPE 942-6256

#### 1986 TAX LAWS TREAT SOME GIFT AID AS TAXABLE INCOME

Many students ask us whether or not financial aid has to be reported on their federal income tax returns. The federal government answered that question in legislation passed in 1986.

Students who received scholarship and gift assistance in excess of educational costs may be required to report some of the gift aid as income. Specifically, the changes provide that if the total amount of scholarships and/or grants received in the calendar year (January 1994 through December 1994 includes Winter, Spring, Summer and Fall quarters) exceeds the amount paid for tuition and "related expenses", the excess must be included in the recipient's gross income. Related expenses only include books, supplies and instruments. Financial assistance received in the form of loans is not taxable. Contact the Financial Aid office of you have questions.

#### BIOGRAPHICAL INFORMATION FOR INSTITUTIONAL AID DONORS

Students who received institutionally based grants or loans will be required to complete biographical forms prior to release of spring quarter aid. The Philanthropy and Communications department uses the information on the biographical form to inform the donors of the background and interests of the aid recipients. When you receive this mailing, please take a few moments to complete it and return it to Financial Aid.

For all of you who wrote "Thank you" letters just prior to winter quarter ... thank you! After we received your

letters, they were forwarded to the Philanthropy department. The account representatives have commented favorably on the many sincere expressions of gratitude.

### EXIT INTERVIEWS FOR SPRING GRADUATES

Students who received federal, state or institutional loans are required to have Exit Interviews prior to graduation. The Financial Aid office will be sending information about the Exit Interviews to students with loans. This information is valuable to you as you plan your life after graduation.

#### 1995-96 FINANCIAL AID MATERIALS AVAILABLE NOW

By now many of you have received the Renewal Application for 1995-96 in the mail. This new form has preprinted information and therefore should take less time to complete. If you did not receive the Renewal Application in the mail, then it is necessary to file a Free Application for Federal Student Aid (FAFSA).

The Institutional Application form must also be completed. This form gives us additional information about you and your family and replaces the FAF or gradFAF form you completed in prior years for a fee.

The Institutional Application also contains the Federal Certification Statement that must be on file each year so it is important that this form is completed by every student applying for aid.

The forms are available NOW from the Financial Aid office or the 7th floor AcFac mail box area. You should be picking up three items:

- 1) the 1995-96 Financial Aid Handbook
- 2) the Free Application for Federal Student Aid (FAFSA) if you did not receive the Renewal Application; and
- 3) the Institutional Application for Financial Aid.

Please call or stop by Financial Aid if you have any questions. The priority

deadline for submission of the Renewal Application or FAFSA is May 15.

### EDUCATIONAL DEBT AND FAMILY PRACTICE

The American Academy of Family Physicians (AAFP) has just published two resources for students and residents interested in family practice as a career. "Can I Afford to be a Family Physician" answers this question by taking a "typical" medical student graduating with \$100,000 in debt and demonstrates how a comfortable lifestyle can be achieved. This document is provided free of charge by contacting the AAFP Order Department at (800) 944-0000 and request product 234.

The second publication titled "How Can I Manage My Debt?" describes national and state loan, grant, scholarship and service connected loan forgiveness programs. The document is free, however a \$3 shipping and handling fee will apply. Call the number above and ask for product 233.

The Financial Aid office has both copies and interested students can sign up for borrowing them overnight.

### DEADLINES FOR SCHOLARSHIP PROGRAMS

- •Family Practice Program The Illinois Department of Public Health has announced that the deadline for submitting applications for the 1995-96 year will be May 15. Applications and information are available in the Financial Aid office, or by calling IDPH at (217) 782-1624.
- •National Health Service Corps Applications must be submitted by March 31 to be considered for the 1995-96 year. Pick one up in Financial Aid or call (800) 221-9393.

#### **SCHOLARSHIPS**

Educational Assessment Systems is offering scholarships to students in

continued on next page ->

Occupational Therapy, Physical Therapy and Speech/Language Pathology. Awards of \$2,500 for one year or \$5,000 for two year service commitments are available. Applications will be accepted throughout the 1994-95 school year. Contact the Financial Aid office for further information.

The Albert Strickler Memorial Fund provides interest free loans for medical students. Funds are awarded based upon demonstrated financial need. Jewish applicants will be given high consideration. Applications must be submitted by June 30, 1995, and will be available in the Financial Aid office by mid-January.

The Joanna F. Reed Scholarship is available to permanent residents of Alabama and Northwest Florida. Applicants may be enrolled in any U.S accredited medical school, must obtain recommendations, and prove financial need. Applications must be submitted by May 15, 1995, and are available in the Financial Aid office.

The John Gyles Education Fund offers scholarships up to \$2,500 to students in all areas of post-secondary study. A minimum g.p.a. of 2.7 is required. Applicants must be U.S. or Canadian citizens and may apply through November 30, 1995. Contact the Office of Student Financial Aid for further information.

Medical students from the Baltimore, Maryland area may be eligible for the **Baltimore City Medical Society Foundation** scholarship. Students must demonstrate potential for success based upon previous undergraduate or graduate work. Applications must be submitted by May 2, 1995 and are available in the Office of Student Financial Aid.

The DuPage County Medical Society is offering scholarships to students enrolled in any health related field. Recipients must be residents of DuPage County, demonstrate scholastic ability, and have financial need. Applications

must be submitted by April 30, 1995 and are available in the Financial Aid Office.

American School Health Association awards annual scholarships to full time graduate and undergraduate students majoring in School Health Education, School Nursing or Adolescent/Pediatric Dentistry. In addition, a minority scholarship is available for graduate study in Health Education. Applications must be submitted by April 3, 1995 and are available in Financial Aid.

American Medical Technologists offers scholarships to students of medical technology and medical assisting who can demonstrate financial need. Applications must be submitted by April 1, 1995 and are available in the Financial Aid office.

Business and Professional Women's Foundation provided financial assistance to graduate and undergraduate women. Applicants must be U.S. citizens and demonstrate financial need. Students must request applications directly from the agency by April 1, 1995 and they must be submitted by April 15. Contact the Financial Aid office for details.

The Native Hawaiian Health Scholarship Program is seeking applicants for the 1995-96 school year. Eligible programs of study include nursing, medicine, clinical psychology, social work, public health, nutrition, maternal child health, dentistry and health administration. Benefits include a monthly stipend of \$796 and payment of tuition, fees, books, and reasonable supplies. Each year of financial support requires a year of clinical service to native Hawaiians. Applications must be submitted by March 28, 1995 and are available from Financial Aid.

The Wisconsin Health Professions Loan Assistance Program offers loan repayment for medical and nursing students willing to work in medical shortage areas of the state. A maximum of \$50,000 for medical and \$25,000 for

nursing debt will be paid over a period of five years. Applications are due by April 1, 1995. Contact the Financial Aid office for additional information.

Rush University students are eligible for scholarships offered by the Coalition of Higher Education Assistance Organizations. Applicants must be requested directly for the agency by April 1, 1995. Contact the Financial Aid office for further information.

Summer diabetes research awards of \$3000 are being offered by the American Diabetes Association. Applicants may be undergraduate or graduate students of medicine, nutrition, nursing or health sciences. Applications will be accepted through March 21, 1995 and are available in the Financial Aid Office.

The Medical Society of New Jersey offers low-interest loans to third and fourth year medical students. Applicants must have been bona-fide residents of New Jersey for five years prior to matriculation in medical school. Students may borrow up to \$3,000, payable two years after graduation. Applications will be accepted between January 1 and March 31, 1995, and are available in the Financial Aid office.

The Frank and Louise Groff Foundation offers scholarships to nursing and medical students who graduated from a high school in Monmouth County, New Jersey. Awards range from \$100 to \$2000 annually, and are based on need. Applications must be requested directly from the foundation before April 15, 1995. Contact the Financial Aid office for further details.

The DuPage Medical Society Foundation offers scholarships to students enrolled in healthcare related programs. Applicants must be residents of DuPage county, demonstrate scholastic ability and have financial need. Applications must be submitted by April 30, 1995 and are available in the Financial Aid office.

The Albert W. Dent Student Scholarship is available to full time minority undergraduates enrolled in a healthcare program. Recipients of the \$3000 award must demonstrate financial need, hold U.S. citizenry, and apply for or hold student associate membership in the American College of Healthcare Executives. Applications must be submitted by March 31, 1995 and are available in the Financial Aid office.

The Foster G. McGaw Student Scholarship is available to full time graduate students enrolled in healthcare management. Recipients of the \$3000 award must have financial need, be U.S. citizens, and currently hold or apply for student associate membership in the American College of Healthcare Executives. Applications must be submitted by March 31, 1995 and are available in the Financial Aid Office.

AMBUCS Resource Center offers scholarships to graduate and undergraduate students in Physical/Occupational Therapy, Speech/Language Pathology, Hearing Audiology or Therapeutic Recreation. Awards of \$500 or \$2500 are made to students who are U.S. citizens and have a g.p.a. of 3.0 or above. Applications must be submitted by April 15, 1995 and are available in the Financial Aid office.

The Illinois Hospital Research and Education Foundation offers scholar-ships to students accepted in a hospital-related degree program. Applicants must be Illinois residents, have at least one full academic year remaining, and maintain a 3.5/4.0 g.p.a. Applications are due by April 15, 1995 and may be obtained in the Financial Aid office.

The Department of Veteran Affairs awards full tuition and a monthly stipend of \$621 to students in graduate and undergraduate Nursing, Occupational, Physical, and Respiratory Therapy, and Physician Assistant. In return, recipients agree to a two year service commitment at a V.A. medical center. Applications must be requested between March 1 and May 19, 1995. Contact the Financial Aid office for further information.



At the International Student Dinner on January 13th, new year's was celebrated by students, faculty and staff of many cultures. The food served was Chinese as the event was near the Chinese New Year. (January 31st marked the beginning of the year 4693, the Year of the Pig.) Besides trying their hand at chopsticks, the guests learned about the Chinese zodiac and found out characteristics of those born in the year of the pig, horse, dragon, etc.

In comparing new year's customs, nursing student Anna Kosior of Poland mentioned that it was important to be with loved ones and drink champagne at midnight. It was discovered that many cultures include a champagne toast with family and friends as part of their celebrations. In India, according to Biochemistry students Aloma D'Souza and Krishna Patchigolla, an effigy of an old man representing the old year, is burned. In Russia, Masha Kochetova related, people write their wishes for the new year on a piece of paper which they burn. The ashes are crumbled into a drink and must be consumed for good luck. In Mexico everyone tries to eat twelve grapes at the stroke of midnight, each representing one month of good luck. In Lithuania the national anthem is often sung, according to Arturas Bareika, as we in the U.S. would sing "Auld Lang Syne." Parades and fireworks are part of the Chinese new year's festivities explained Xianwen Yi.

The next event for the rush international community will be a pot luck dinner at the end of March.



#### DO YOU KNOW . . .

- •Who wrote the first comprehensive American volume on mental illness?
- •Who was one of the first physicians to advocate humane treatment of the insane?
- •Who was a co-founder of the first antislavery society in America?
- •Who was the only physician to sign the Declaration of Independence?
- •Who, in 1799, was appointed Treasurer of the U.S. Mint in Philadelphia?
- •Who advocated the abolition of capital punishment?
- •Who wrote about medicine among the American Indians?
- •Who was on the medical staff of the Pennsylvania Hospital?
- •Who advocated restrictions on smoking and alcohol consumption?
- •Who was born of Quaker ancestry on December 24, 1745 in Byberry Township near Philadelphia?
- •Whose father, a gunsmith and farmer, died when he was six?
- •Who went to the College of New Jersey, which later became Princeton, and graduated at the age of 17?
- •Who, while apprenticed to John Redman, a physician, served as a nurse?
- •Who, in 1768, took his medical degree at Edinburgh?
- •Who Benjamin Franklin took a special interest in and introduced to Samuel Johnson, Sir Joshua Reynolds and Oliver Goldsmith?
- •Who, in 1796, was appointed Chair of the Theory and Practice of Medicine at the University of Pennsylvania?
- •Who died in Philadelphia on April 19, 1813 of typhus fever?
- •Who was the most famous American physician of Revolutionary Times?

You may suspect by now that this famous physician is none other than **Benjamin Rush**.

# BETTY FORD CENTER SUMMER INSTITUTE FOR MEDICAL STUDENTS

The Institute is a unique, quality learning experience for medical students wishing to gain greater understanding and insight into chemical dependency and the recovery process. By endorsing this program and making it available to medical students across the country, Mrs. Ford strongly shows her commitment to expanding the awareness of the health and human services professional community.

Sessions for the 1995 Summer Institute are scheduled for:

June 4 - 9 June 18 - 23 July 9 - 14 July 23 - 28 August 6 - 11

Program or the Family Program. Those selected to attend the Inpatient Program are assigned to a primary care unit where they spend 5 days experiencing what it is like to be a patient at the Betty Ford Center. Those selected to attend the Family Program join regular program participants and spend 5 days gaining firsthand knowledge of the Betty Ford Center's approach to effective family recovery. Students in both programs also attend special presentations by key staff members throughout the week, where information on the different aspects of treatment is discussed. Both programs begin in the early evening on Sunday. The remainder of the days begin about 7:00 a.m. and will run until either 7:30 p.m. or 9:30 p.m. The program concludes at 4:30 p.m. on Friday. Students must make a commitment to the full length of the program.

Scholarship selection is made by committee and is based on an evaluation of the completeness of the application and the content of letters of recommendation required of two people selected by the student. Those selected to receive a scholarship are notified by telephone so that travel arrangements may be initiated at the earliest opportunity. The scholarship includes tuition, on-campus meals, support materials, and lodging. Transportation is a student expense.

The Betty Ford Center Summer Institute for Medical Students is an exciting and unique opportunity to learn about addictive disease and its treatment.

For application information write to:

Betty Ford Center Training Department 39000 Bob Hope Drive Rancho Mirage, CA 92270

**Deadline for <u>submission</u> of application is April 15, 1995**. Telephone numbers are (619) 773-4108, Toll Free (800) 854-9211, Ext. 4108 and FAX (619) 773-1697.

### **Inside the Student Counseling Center**

### Marilyn Johnson, Ph.D.

I lay in the ICU, attached to tubes and lines, my mind clouded by anesthetic and pain medication. My doctor appeared at the foot of my bed. "Really, Marilyn," she said with mock exasperation, "what are you doing still lying in bed, you lazy slug?" I laughed helplessly at this wonderfully absurd question; I also felt her acknowledgment of, and sympathy for, my suffering. Laughing at her joke buoyed my spirits in an unexpected way; I felt like my old self for the first time in three bad days and, even better. I decided that she wouldn't joke with someone who was going to die. I replayed this joke and its happy effects often that day, and even now, many years later, I still smile when I recall that moment.

It was antibiotics, excellent nursing and surgical care, and a healthy constitution that saved my life, not laughter. However, a famous patient, Norman Cousins, has credited laughter with contributing significantly to his recovery from a serious collagen disease. In his book, Anatomy of an Illness, Cousins describes how he watched Marx Brothers films and old "Candid Camera" films and had friends read aloud excerpts from funny books. It was his belief that if he could exercise fully his affirmative emotions (hope, love and faith in addition to laughter), he could "enhance his body chemistry" and thus cure himself. He did recover and has since developed a number of methods for helping patients plan programs which accentuate these affirmative emotions, especially laughter. I am skeptical of the lifesaving properties of laughter but one's final sentient days could certainly be made more pleasant if laughter were an element.

Just as laughter and humor are valuable to patients, they are essential to members of the health care team as well. It is interesting to speculate about the kinds of humor that may have special appeal to patients and caregivers. In his book, <u>Personality and Sense of</u>

Humor, Ziv has described five functions of humor: aggressive, sexual, social, defensive and intellectual. The two of greatest relevance to Rush students are probably the social and defensive functions.

The social function operates at both the individual and group levels. The individual who can make others laugh usually feels loved as a result, as we appreciate those who bring us laughter. As a group phenomenon, laughter can have a unifying effect; humor tends to be a shared phenomenon. Like the beautiful sunset we would prefer to see with someone rather than alone the witty remark or funny joke asks to be shared. Humor also unifies by building morale. When you attend an alumni reunion in 20 years, much of what will bind you and your classmates together again will be shared humor. You will laugh at the idiosyncrasies of faculty and classmates and, for a brief time, you will feel united again. Morale building humor is also vital to patients as it provides at least the illusion of control over a difficult situation.

We frequently use humor as a defense mechanism. The use of black humor is an example of the defensive function of humor. For example, in war and in the medical world more familiar to us, black humor becomes a fine art. It provides a least a temporary sense of mastery in a crazy world. Hawkeye Pierce and his colleagues in the 4077 could not have survived their relentless exposure to the blood and gore of battle without it. Patients use it too as a way to fend off fear. Those outside the crazy world are often shocked and/or frightened by black humor but it is functional to those who need it. Like whistling past a graveyard, it affords at least some sense of control.

Another defensive use of humor is self-disparagement. Through this protective device, you get to criticize yourself before someone else does so. Other critics will probably not attack you if you have beaten them to it; in fact, selfdisparagement may lead others to feel some identification with you and even to appreciate your willingness to acknowledge your imperfection. We frequently admire the person who can do this; consider two famous self-disparagers, John Kennedy and Woody Allen. Kennedy, for example, won friends by quoting his father's reaction to his Presidential election: "Don't buy one more vote than you need, Jack; I'll be damned if I'll pay for a landslide." Woody Allen has summed up this tendency in the opening line of a short story: "Call me Schlemiel." (If you've read "Moby Dick", this is very funny.) Students at Rush may win appreciation by describing their clinical mistakes to classmates. If this is done with humor, the listener can empathize with the fear the student felt and also feel his or her relief that nothing terrible happened; if it is done without humor, the listener may feel too threatened to be supportive and concentrate only on the fear of making a similar mistake. I am not aware of this tendency among patients; what are your experiences?

Of course, the functions of humor which Ziv defines are not discrete; many funny remarks fit into more than one category. How would you categorize my physician's remark? Aggressive? Some mild black humor? Social, morale-building function? Something else? Could you imagine yourself saying this to a patient? To all patients? How do you develop your professional persona to incorporate the humorous parts of your personality?

Sensing how humorous to be with whom requires knowing the person well, often a luxury between health care providers and patients; when this familiarity is not possible, greater sensitivity is required. What do patients communicate that informs you of their preferences: Do they tease you? Do they tell jokes? Do they freeze up at any "non-professional" statement? It's not always easy to pick up these clues when your energies are concentrated on the technical work of health care, but as this work becomes more automatic, you may feel more free to use your sense of humor as a <u>non</u>technical intervention. As you care for your patients, add one more step: tickle their funny bones.

# What They're Reading on College Campuses

- 1. Politically Correct Bedtime Stories by James Finn Garner
- 2. *Homicidal Psycho Jungle Cat* by Bill Watterson
- 3. *Disclosure* by Michael Crichton
- 4. *The Bell Curve* by Richard J. Herrnstein and Charles Murray
- 5. Interview With the Vampire by Anne Rice
- 6. *Couplehood* by Paul Reiser
- 7. **The Celestine Prophecy** by James Redfield
- 8. **The Shipping News** by E. Annie Proulx
- 9. The Vampire Lestat by Anne Rice
- 10. **The Book of Virtues** by William J. Bennett

Reprinted with permission from the Chronicle of Higher Education, copyright 1991. The Chronicle's list of best-selling books was compiled from information supplied by stores serving campuses across the nation. Reports covered sales of hardcover paperback trade books in December.

#### **SNA CORNER**

The outgoing SNA officers would like to welcome and congratulate the new SNA officers.

President: John Konopelski Vice-President: Sueane Hemmer Secretary: Adriana Stettner Treasurer: Dilini DeVas

Membership Coordinator: Toni Verlodt Convention Coordinator: Karin Dahl Newsletter Editor: Shirley Koo Community Service: Pam Fodor Karen Wilson

The annual National Student Nurse's Association Convention is coming up in mid-April in Charlotte, North Carolina. The officers are attending and everyone else is welcome to attend. The convention offers many opportunities to students and new grads. Contact officers for more information.

#### NATIONAL STUDENT SPEECH LANGUAGE HEARING ASSOCIATION

At this time NSSLHA is changing officers for the 1995-96 school year.

Outgoing officers are:

Co-Presidents: Holly Buckley and Tracy Mattingly

Vice President: Jill Salsbury Treasurer: Dawn Chamberlain Secretary: Karen Smith

Incoming officers are:
President: Katie Sullivan
Vice President: Amy McGuire
Treasurer: Becky Field
Secretary: Amy Broxterman

NSSLHA would like to thank the outgoing officers for all their time and dedication over the past year. The incoming officers are already working on ideas for fundraising and student activities for the upcoming year. Watch for more NSSLHA news to come!

#### AND THE WINNER IS ....

The OTSA (Occupational Therapy Student Association), would like to announce the winner of their fundraising raffle. Karen Schaffer has won two airline tickets to New York City, hotel accommodations, and tickets to the taping of "Saturday Night Live!" Karen is an occupational therapist in the acute care unit here at Rush. Congratulations!

OTSA would also like to thank all who gave their support. Proceeds will go to help fund occupational therapy students' educational trip to the AOTA conference this spring, as well as aid their efforts to donate time to a variety of needy organizations.

# COLLEGE OF NURSING Office of Student Support Services

#### Get Politically Involved in Your Profession

You've seen them in the media and you've heard politicians blast them, now you can become one of them—a lobbyist, that is. **The Illinois Nurses Association** is sponsoring their annual Lobby Day on Tuesday, April 18, at the Prairie Capital Convention Center in Springfield. This is an opportunity to help influence legislation that relates to the health and welfare of all Illinois citizens as well as nurses. If there is wide enough participation, the college will provide transportation to and from Springfield. Sign up today in Student Affairs.

#### **NCLEX Orientation**

The next **NCLEX orientation** will be held on April 16, 1995 from 12:00 p.m. to 1:00 p.m. in Room 317 of Schweppe-Sprague.

#### Want to Study Abroad?

People to People International has Collegiate and Professional Studies Programs that allow interested students to study abroad. London, Paris, Prague, and Stockholm are just a few of the places where adventurous students can travel and study. Further details are available in the Office of Student Support Services and Student Affairs. Stop in today and begin your world wide education.

#### Study in Oslo

The University of Akron College of Nursing will offer a 3 credit (semester) course on "International Nursing" in Oslo, Norway from July 2 through July 27, 1995. A joint effort between the International Summer School and the University of Oslo, the course is designed for baccalaureate students who have completed one year of nursing

courses and masters students who are registered in their respective states. Registered professional nurses may enroll for 8 CEUs. Expert nurses, nurse educators and government representatives from Norway will present content on health care services, nursing roles, current health care reform, care delivery, and nursing education and research. Field trips to large teaching hospitals, private hospitals, elder care centers, and district nursing centers will be conducted each week. Additional information can be obtained from Dr. Joan Baumgardner at the University of Akron College of Nursing (216) 972-5922. Brochures and other general information is available in Student Affairs and the Office of Student Support Services.

### Residency Program For Junior Level Nursing Students

Junior level nursing students are invited to participate in the Nursing VALOR (VA Learning Opportunities Residency) Program at VA Lakeside Medical Center. The program offers nursing students the opportunity to earn a stipend of approximately \$13.00 per hour during the summer months while practicing their clinical knowledge and skills. Supervision is provided by experienced preceptors in selected clinical units of the medical center. Applications and further details are available in the Office of Student Support Services. Ask Ron Broyles.

#### **Scholarships**

The Illinois Hospital Research and Educational Foundation Scholarship is available to qualified applicants. You are eligible if you have been accepted into or are currently enrolled in hospital-related health care professional curriculum. Consideration is limited to students who have been ACCEPTED in a health care professional sequence. Scholarships are given for an academic

year (4 quarters or 2 semesters), based on a students' scholastic achievement, financial need and the availability of funds. Completed applications and references must reach IHREF by April 15, 1995. Further details are available in the Office of Student Support Services. Ask Ron Broyles.

### Scholarships for Practitioner Students

The State of Illinois Allied Health Care Professional Program has scholarships available for nurse practitioner students. Eligibility for scholarships require that students be financially needy and work full time in a health service shortage area after completing their program. Applications and further details are available in the Office of Student Support Services. Applications will be available after March 15.

U.S. Public Health Service National Health Service Core Scholarships are available for health professional students interested in primary care specialties and committed to serving in health professional shortage areas. Eligibility requires citizenship and enrollment in a nurse practitioner program. Scholarships provide assistance for up to four years of education including a stipend. For each year of support, you must serve one year in a health professional shortage area upon completion of training. Minimum service obligation is two years. Applications are due in late March and further detail are available in the Office of Student Support Services.

#### Family Practice Research Day XVIII - May 18, 1995

The planning committee for the Michigan Family Practice and Primary Care Research Day is sponsor-

continued on next page ->

ing its 18th annual Research Day. A major purpose of this conference is to encourage and assist new researchers in family medicine, nursing, and the behavioral sciences to present original research on topics involving or related to primary care. The conference theme is Interdisciplinary Community-Based Primary Care Research.

The committee invites researchers to submit abstracts of original research pertinent to family practice and primary care. To obtain abstract submission forms, or more information contact: Charles Given, Ph.D., Conference Coordinator, B100 Clinical Center, Michigan State University, East Lansing, MI 48824. Phone: (517) 353-3544 ext. 420 or Deb Misak, Conference Secretary ext. 424. The deadline for abstracts is April 10, 1995 and the deadline for papers is May 1, 1995. Written papers are optional and extra points will be awarded for written papers submitted prior to presentation.

#### **Research Development Conference**

The Mayo Medical Center in Rochester, Minnesota is sponsoring its Twenty-Sixth Annual Research Development Conference. Entitled Expanding Research Potential: Core Center Development. The conference will be Friday and Saturday, June 23-24, 1995. The purpose of the conference is to provide an opportunity for research facilitators, clinical and academic leaders in research development, nurse researchers and students to explore issues related to the development of research within their practice settings. The conference will focus on ways to expand research potential. Check the bulletin boards or stop in Student Affairs or the Office of Student Support Services for more details.



#### DNSc Student Organization Reestablished

The DNSc Student Organization met on Tuesday, February 7, 1995 for the first time since 1991. The purpose of the meeting was to discuss plans for reestablishing the organization. A major portion of the meeting was devoted to discussion of ways in which the organization could best meet the needs of the DNSc student. The twelve students present generated ideas regarding possible topics for presentation and the general format of the meeting. It was agreed that the group will meet on the first Tuesday of the month from 4:00 to 5:00 p.m. in the Student Affairs lounge, 023 Schweppe Sprague Hall. The format of the meeting will include time for networking and socializing with each other and a presentation on various topics of interest and relevance to the DNSc students. Some of the program ideas that were suggested included involvement and leadership in professional organizations at the local and national level, discussion with Dr. Andreoli, and the phases of doctoral education and strategies for meeting those challenges.

All DNSc students mark your calendars now. Please plan to attend the next meeting scheduled for Tuesday, March 7, 1995.

Cathy Catrambone
President, DNSc. Student
Organization

Beth Staffileno Vice President, DNSc. Student Organization

### Jobs

The Payroll Department is looking for one Work Study eligible student for filing and general office duties. The wage is \$6.00 per hour and approximately 20 hours per week are required. Call Theresa Sykucki at 942-5625.

Continuing Medical Education (520 AcFac) needs a Clerical Assistant for light typing, filing, and copying. Hours very and rate of pay is \$6.25 per hour. If interested, call Vickie O'Sullivan at 942-7119.

The Registrar's office, 101 Schweppe, is seeking a detail oriented student. This position requires a commitment of approximately 10 hours a week and the qualifying student must be Work Study eligible. The rate of pay is \$6.25 per hour. Contact Ann Schuppert at 942-5681.

The Office of Financial Affairs is seeking two Work Study eligible students to work in the Financial Affairs/Bursar's Department. A commitment of approximately 10 hours a week is required (business hours) and the rate of pay is \$6.00 per hour. Call Financial Affairs Manager, Jane Scopelliti at 942-6849 if you are interested in one of these positions.

The Office of Financial Aid is seeking a Work Study eligible student for general office duties. Flexible hours are available. The rate of pay is \$6.25 per hour. Call Bob Dame at 942-6256.

### RESEARCH ASSISTANTS NEEDED COLLEGE OF NURSING

Part-time positions exist for flexible students who are able to gather data from 6:30 a.m. - 9:30 a.m. and 4:00 p.m. - 7:00 p.m. Applicants must feel comfortable with patients. Interested students do not have to be Work Study eligible. Please contact Julie Kittridge in Human Resources at x23627.

### ACADEMIC SKILLS CENTER

Michael J. Harris, Ph.D., Director

### Clear Writing in the Professions: Writing and the Medical Profession

(excerpts from ERIC Digest ED 343136, 1992)

An important goal for medical practitioners ought to be the continuing improvement of written communications. Clear provider-patient communication can, literally, be a matter of life and death. A number of studies have been carried out on the readability of medical information pamphlets (Kuiper, 1985). There have also been analyses of medical consent forms. The latter are so often overburdened with the technical jargon of medicine and the law that even well-educated lay people cannot decipher them. Kaufer (1983) has offered specific proposals for improving the readability of consent forms.

To help physicians communicate more effectively with their peers, the University of Florida College of Medicine has instituted a course in scientific writing for its pediatric fellows. The course addresses topics such as: syntax, writing style and the construction of scientific papers. In response to strong interest in writing instruction at this institution, an advanced writing course has been added (Cox, 1990).

Kuiper, S. 1985. Readability and Effectiveness of Cancer Information Pamphlets: A Preliminary Assessment, in Brun, S.J. and Pettit, J.D. eds, <u>Travel in Time</u>. Tradition to Technology. Proceedings of the 1985 ABC International Convention, Chicago, IL ERIC No. ED 263 450.

Kaufer, D.S. et. al. 1983. Revising Medical Consent Forms: An Empirical Model and Test. CDC Technical Report No. 2. ERIC No. ED 261 387.

Cox, B.G. et. al. 1990. Scientific Writing Courses for Pediatric Fellows. <u>Academic Medicine</u> (65) 652-53 ERIC No. EJ 416 946.

#### IT ISN'T TOO EARLY TO START REVIEWING FOR THE BOARDS

Below is a partial list of board review books available in the Library of Rush University. Books on other relevant subjects are also available. Students who wish to have a personal copy of the complete list of these materials may call the Academic Skills Center. Students are also encouraged to stop by the Library circulation desk and to make use of the electronic catalog system of the Library to identify the newest holdings.

W Bhushan, V. 1994 first aid for the boards: a student to student guide to the USMLE,

step 1, 4th edition, on PERMANENT RESERVE

B575F 1994

WY American Journal of Nursing/Mosby 1994. Nursing boards review for the NCLEX-RN examinations, on PERMANENT RESERVE

A314

QY Medical Technology examination review and study guide, 2nd ed. Ciulla, A. P. and Buescher, G.K. eds. 1992, on PERMANENT RESERVE.

M488 1992

#### There are also 1994 releases of examination review books for: NCLEX-RN

#### **USMLE**

epidemiology & biostatistics biochemistry embryology preventive medicine/public health physical diagnosis immunology Matassarin-Jacobs, E. book and software
Frye's 2000 nursing bullets
Healy's American nursing
review - med/surg
National Council 3rd edition
Catalano's American nursing
review - critical care

The Academic Skills Center will provide test preparation handouts gratis for any Rush student who would like to have such material. Call us at 942-3227 or stop by our office at 418 AcFac.

### **ENTERTAINMENT NEWS**

#### THE MYSTERY DESSERT PARTY IS ON!

Rescheduled from Winter Quarter, the **Mystery Dessert Party** is on! Satisfy your sweet tooth on **Tuesday, April 4**, from noon - 1:00 p.m. in the Schweppe Auditorium. You bring your lunch, and we'll bring dessert!

#### AN APRIL T.G.I.F.

Join us in a **celebration of spring** at the April T.G.I.F. This party will take place on Friday, April 7, from 4:30 p.m. - 7:30 p.m. in Schweppe Auditorium. It is sponsored by the **Student National Medical Association**.

#### MARCH BREAKFAST

Start off Spring Quarter on the right foot . . . with a bagel or muffin. Student Affairs will serve a continental breakfast on Monday, March 27 from 7:30 a.m. - 10:30 a.m. in the Schweppe Student Lounge. Stop by before your first Spring Quarter class.

### EMPLOYEE HEALTH AND FITNESS PROGRAMS

Call 942-2817 to register for any of the following programs:

#### **Aerobics**

Low-impact and step aerobic classes are offered throughout the week in the Schweppe auditorium. These one-hour classes are taught by trained aerobic instructors and are a lot of fun! Your first class is FREE! Cost is \$3 per class or 11 classes for \$25. Stop by the Health and Fitness office in 110 Senn to pick up your calendar.

#### **CPR Certification**

Learn this lifesaving technique. First time CPR certification and recertification will be offered Friday, March 10 from 8:00 p.m. Adult, adolescent and infant CPR will be covered. Bring your \$10.00 registration fee to the Health and Fitness office (110 Senn) to reserve your spot in this class.

#### Five-A-Day Challenge

Plan to participate in the National Nutrition Month Five-A-Day Challenge. This program requires you to eat at least 5 servings per day of fruits and/or vegetables during the month of March. Those who complete this challenge will be put into a raffle drawing for BIG prizes. Entry fee \$2.00. Call 942-2817 to register.



#### **Great American Low Fat Pig Out**

Join the American Cancer Society in fighting cancer by choosing low fat, high fiber foods on Thursday, March 16. More information will be available in the cafeteria on March 16.

#### **Humor Month Activities**

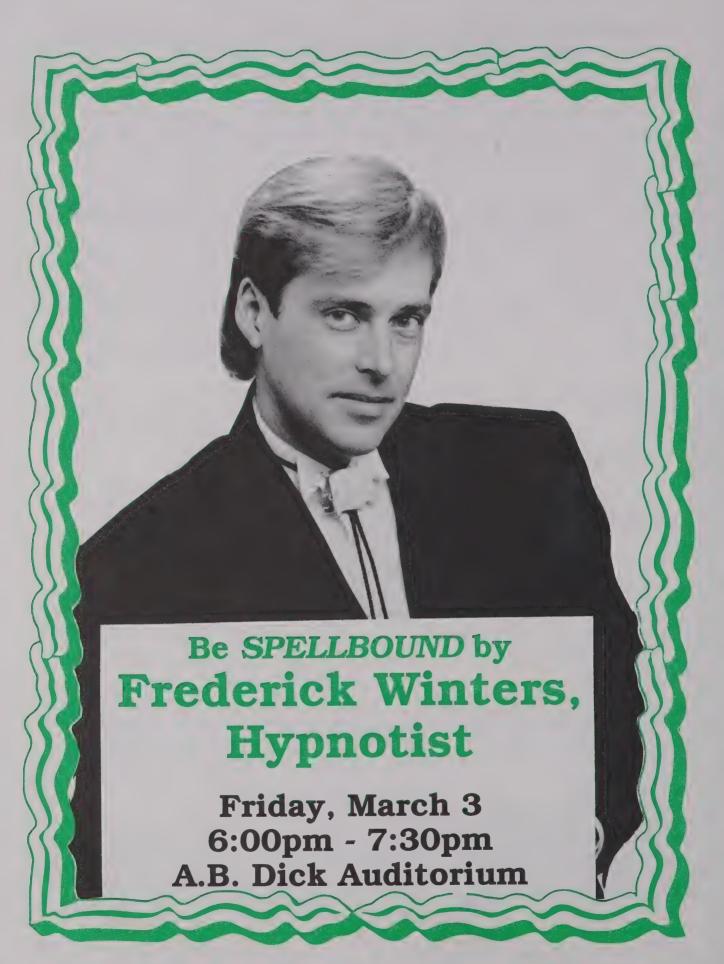
Plan to laugh a little more during National Humor Month. Many activities are planned at Rush including a presentation on humor's therapeutic effects, a contest for the most humorous Rush story and other activities during April. Watch for details inside the cafeteria!

#### Lunch 'N Learn

"Nutrition: Before and After the Baby Arrives" will be presented on Wednesday, March 15. On Wednesday, April 19, "Minorities: special Health Concerns" will be discussed. Both presentations will be held at 12 noon in Room 441 of the Learning Resource Center. Free! Please register by calling the Health and Fitness office. Beverages will be provided.

#### **Self-Breast Exam Class**

Learn how to properly do this life saving technique. This session will provide education on breast cancer risk factors, American Cancer Society guidelines and proper techniques for self-breast exam. This free 45-minute class will be held in the Comprehensive Breast Center, 863 Professional Building, at 12:00 noon on Tuesday, March 14 and April 11. Call 563-2325 to register.



Published by the Rush University Office of Student Affairs



#### ATTENTION GRADUATING STUDENTS

# If you are a graduating student and you are planning to participate in commencement . . .

•The ceremony is Saturday, June 10th at Medinah Temple and begins at 4 p.m.

•You must be measured for a cap and gown. If you haven't been measured, stop by Student Affairs, 023 Schweppe, by Monday, May 8th.

•Caps and gowns will be distributed Tuesday, June 6th through noon on Friday, June 9th in the Schweppe Auditorium.

•When you pick up your cap and gown, you will be asked to update your forwarding address.

•Commencement announcements will be available in the Office of Student Affairs, 023 Schweppe, between 8:00 a.m. and 5:00 p.m. after May 1st. Please stop by to pick them up.

## If you are not planning to participate in commencement...

•Notify the Office of Student Affairs of your intentions in writing.

•Contact the Registrar's office to update your forwarding address. Your diploma will be mailed to you.

#### News all grads can use ...

•You are responsible for clearing out your locker and mailbox completely by Commencement. (This could be somewhat enlightening for several grads!) Student Affairs will not be responsible for belongings left after June 12th.

# You will receive an empty diploma folder if you have neglected to do the following . . .

•Return all books, periodicals, etc. to the Rush University Library, as well as pay any fines.

•Attend an exit interview on loan repayment if you received any student loans at Rush (including Stafford Loan). If you haven't received a notice, call Financial Aid at 942-6256 to make an appointment.

•Pay all tuition and fees by Friday, May 26, 1995.

•Make sure all clinical evaluations are received by Clinical Curriculum if you are an M4.

#### THIS YEARS' FINAL T.G.I.F.

Join us on Friday, May 12, for the final T.G.I.F. of 1994-95. The fun begins at 4:30 p.m. and ends at 7:00 p.m. on the Schweppe patio. The theme is "good times, good friends, good weather." So bring your pals and keep your digits crossed for a bright and sunny day. Beverages and eats will be served, so be sure to stop in for this final party of the school year.

#### "Spring" Winners

Congratulations to winners of the "Spring Game" featured at the April 7th T.G.I.F. Participants in the game had to guess spring phrases from a series of pictures which contained clues. Prize winners were:

1st prize: 2 Great America Tickets: Steve Olivar, M2

2nd prize: Bookstore Gift Certificate: Christine Zupanic, N3

3rd prize: 2 Cineplex Odeon Theatre Tickets: Denise Gavin, Immunology/Microbiology

Thank you to all other participants who <u>sprang</u> into action and gave their valiant efforts in the game.

#### Sock it to the Homeless!

The Franciscan and Pilsen student run homeless clinics will be collecting men's and women's socks (without holes and preferably in pairs) from Monday May 15 to Friday May 26. Collection bins can be found inside the Rush Bookstore, in the Office of Student Affairs and in the Office of Preventive Medicine, 117 Professional Building. All donations will be given to the Franciscan House of Mary and Joseph at 2715 West Harrison and to the Pilsen Homeless Shelter on 18th Street. We will also accept toiletries such as toothbrushes, men's razors, shaving cream and toothpaste.

### OFFICE OF FINANCIAL AID 119 SCHWEPPE 942-6256

#### HOUSE PROPOSES TO CHANGE LOAN PROGRAMS

House and Senate Republicans have many items on their list of programs to eliminate or reduce from the Federal budget. Some of the programs on the chopping block will, if passed by Congress, affect everyone receiving federal student aid. The House bill proposes to change the following, among others.

- 1. Reduce or eliminate the federal share of Perkins Loan contribution to schools. Rush received \$340,000 for 1994-95 from the federal government and without this amount, 68 students would not receive a \$5,000 Perkins Loan.
- 2. Eliminate the in-school interest subsidy on the Federal Stafford Loan. Current estimates on the amount of interest paid to banks and other Lenders in the Stafford program by the federal government range from \$9 billion to \$14 billion per year. If students become responsible for interest on Stafford Loans, it is estimated that the debt load would increase 25 percent and the annual interest rate (APR) would be 12% instead of 8.25%.

President Clinton has proposed legislation to make changes in current programs and other initiatives, but none so drastic as the Republican Agenda. These changes may not affect YOU right now, but the impact on higher education and the multitude of students just beginning post secondary education is enormous.

Information about writing to your elected officials is available in the Office of Financial Aid.

#### 1995-96 FINANCIAL AID PROCESSING

Financial aid forms and materials are arriving daily and we will begin processing aid very soon. This year you do not need to submit a check with the FAFSA or Renewal Application, however, you must complete an Institutional Application for Financial Aid. This form will give us more detailed information about you and your family.

Forms and information are available in the Office of Financial Aid. Please be sure to submit your forms as soon as possible. We will begin to send out letters confirming receipt of your data very soon. Please respond to a request for information (if stated) as soon as possible.

#### **EXIT INTERVIEWS**

Students graduating in June who received loans while at Rush must have an Exit interview prior to graduation. The Exit Interview is important since it will provide you with information to fully understand your rights and responsibilities. Students with loans will be contacted by the end of April for scheduling an Exit Interview. If you had loans and you have not been contacted, call Financial Aid at 942-6256 to schedule an Exit Interview.

#### **SCHOLARSHIPS**

The Albert Strickler Memorial Fund provides interest-free loans for medical students. Funds are awarded based upon demonstrated financial need. Jewish applicants will be given high consideration. Applications must be submitted by June 30, 1995, and are available in the Office of Financial Aid.

The Joanna F. Reed Scholarship is available to permanent residents of Alabama and Northwest Florida. Applicants may be enrolled in any U.S. accredited medical school, must obtain recommendations, and prove financial

need. Applications must be submitted by May 15, 1995, and are available in the Office of Financial Aid.

Pro Therapy of America is offering a \$5000 grant to physical and occupational therapy students in their final year of study. Awardees must agree to a one-year commitment, and will receive an attractive benefit package which includes furnished housing and continued educational funding. Applications may be submitted at any time, and are available in the Financial Aid office.

LaPorte Hospital (Indiana) is offering \$300 and \$500 scholarships to students in their final year of studies in exchange for a one-year service commitment. Qualifying areas of study include medical technology, occupational and physical therapy, cytotechnology, and graduate nursing. Applications must be submitted by June 1, 1995 and are available in the Financial Aid office.

Orville Redenbacher's Second Start Scholarship Program is offering 25 \$1000 scholarships to assist students 30 or older. Applicants may be full or part time graduates or undergraduates. Applications must be submitted by May 2, 1995 and are available in the Office of Student Financial Aid.

The Polish Women's Civic Club is offering scholarships to full time female Polish students. Applicants may be undergraduate or graduate. They must exhibit financial need, have acceptable grades, and be U.S. citizens. Applications must be submitted by June 30, 1995. Additional information is available in the Office of Student Financial Aid.

The Jon P. Weisinger Memorial Scholarship is available to full time undergraduate or graduate nursing students. Applicants must demonstrate financial need and be in good academic

standing. Students may receive up to \$1500 per year and must agree to work in an AIDS related field for at least one year after graduation. Contact the Financial Aid office for applications.

The Aid Association for Lutherans offers scholarship programs to adults in all academic fields. Recipients are selected based upon career goals, academic achievement, and church/community involvement. Contact the Financial Aid office for further information.

The Department of Veteran Affairs awards full tuition and a monthly stipend of \$621 to students in graduate and undergraduate Nursing, Occupational, Physical and Respiratory Therapy, and Physician Assistant. In return, recipients agree to a two year service commitment at a V.A. medical center. Applications must be requested between March 1 and May 19, 1995. Contact the Financial Aid office for further information.

The Indian Health Service provides scholarships to students of American Indian or Alaskan descent. Undergrads receive non obligatory funds covering tuition, books and fees. Graduate students are funded for four years with a minimum two year service commitment. Applications may be submitted throughout the 1994-1996 school years. Contact the Financial Aid office for details.

The U.S. Public Health Service offers the Nursing Education Loan Repayment Program for graduate and undergraduate students. In exchange for a minimum two year service commitment in an eligible health facility, 60 percent of principal and interest are paid, or 85 percent for a three year commitment. Applications will be accepted throughout the 1995-96 school year. Contact the Financial Aid office for specifics.

Graduates of Belleville High School (Wisconsin) may be eligible for a \$500 scholarship. Applicants must be enrolled full time in nursing, medical or EMS programs, and must have completed at least fifty percent of required courses. Applications must be submitted by June 30, 1995 and are available in the Financial Aid office.

The National Association of Pediatric Nurse Practitioners will award two scholarships of \$2,000 each to students enrolled in pediatric nurse practitioner programs. Recipients must be registered nurses with previous pediatrics experience who can demonstrate financial need. Applications are due by May 30, 1995 and are available in the Financial Aid office.

#### FINANCIAL AFFAIRS TUITION REMINDER

This is a reminder to all graduating students that your tuition account should be paid in full by June 9, 1995. No personal checks will be accepted for payment after May 26, 1995. We will accept cash, cashier's check, or a money order.

If you still have a balance regardless of the circumstances, you will not receive your diploma at commencement. You will receive it once your balance is paid in full.

# What They're Reading on College Campuses

- 1. *Tom Clancy's Op-Center* created by Tom Clancy and Steve Pieczenik
- Politically Correct Bedtime Stories by James Finn Garner
- 3. *The Robber Bride* by Margaret Atwood
- 4. The Shipping News by E. Annie Prouix
- 5. **Couplehood.**by Paul Reiser
- 6. The Celestine Prophecy by James Redfield
- 7. Seinlanguage by Jerry Seinfeld
- 8. *The Bell Curve* by Richard J. Herrnstein
- Chicken Soup for the Soul compiled by Jack Canfield
- 10. Ambush at Corellia



### **Inside the Student Counseling Center**

Marilyn Johnson, Ph.D.

One more quarter and this year of our discontent will become history. We were all glad to see the end of the winter quarter (and the winter), and one might imagine that the happiest students at Rush will be those who look forward to graduating in June. But is this true?

For first and third year medical students, junior nursing students, and non graduating graduate students, June will mark the end of a period of the acquisition of skill and knowledge. They

can look ahead to at least one more year of further development in a familiar setting. For the rest, those who will graduate and second year medical students, the end of the school year arouses some concern in two central areas: confidence in one's profes-

sional work and closeness with friends and other loved ones.

The first stress of June lies in uncertainty about one's professional abilities. There is a principle which, if still unnamed, I would be pleased to define as Johnson's Fourth Law (the other three are as yet undiscovered) which states that the closer one comes to assuming professional responsibilities, the faster one's knowledge and skill seem to evaporate. This law, then, explains the anxiety of graduating nursing students, medical students and health science students about their ability to function in their first independent work. The critical element is the responsibility they will take for the first time, and in the health professions, responsibility can be critical. Second year medical students feel this too, knowing that soon they will be expected to apply classroom learning in the hospital. And they and the graduating nurses will have their abilities tested on boards as well.

The second stress of June is the possible imminent loss of and/or change in friendships and other important relationships. As one glances around in classes or on the floor these days, there is an awareness that this group will rarely if ever be together again. Many

The pressures of professional training force us to live in the future most of the time . . . Fight this with all of your might, so that you can savor the present with beloved friends.

of the friends who helped one hold it together will be dispersing to all parts of the country. In addition, second year medical students will have to work infinitely harder to keep in touch with friends whom they formerly saw every day. There may also be concern that the professional demands of the coming years will bring serious harm to intimate relationships or will prevent such relationships from developing.

A way of coping with these events is to maintain a balance between the *contagion* of feeling among classmates which can sweep one away, and the *isolation* which prevents one from validating experiences with those of others. It's not easy, when the majority of one's classmates are exuding anxiety, anger or despair, to hold onto a sense of well-

being. And even if it's possible, it usually doesn't win popularity contests. Despite this, it's important to focus on one's own inner feelings and to act on them. It's also not easy, when the majority of the class appears to feel optimistic and successful, to confide to another one's own fear of failure and discouragement. Nevertheless, it's helpful to find someone with whom to share this; otherwise one will never learn that there are others who feel similarly.

The pressures of professional training force us to live in the future most of the time, and this is never more true than in the last months before moving on to a new stage. Fight this with all of your might, so that you can savor the present with beloved

friends. The new jobs and new experiences that await you next summer will take care of themselves but you will never be you in this exact setting, and with all of these people, again. Make time to get together with friends, visit favorite places, live in the here and now so that, next year at this time, you'll have memories to warm your heart.



#### ACADEMIC SKILLS CENTER

Michael J. Harris, Ph.D., Director

It is validating to read in the literature of Health Professions that one is not alone in the wilderness of Learning Assistance. During a recent visit to Philadelphia, I chanced upon a journal called Therapy Student, a publication for PT, OT and Speech-Language Pathology students which is put out by a group in Cape Coral, Florida. Therein appeared an article by Helen Goldsmith of San Francisco State University titled "Effective Study Techniques for Rehab Students."

Ms. Goldsmith presented several anecdotes about students with study-related problems and described how they overcome them. For example, GB, an OT student at the University of Texas Medical Branch at Galveston, studies alone and worried a lot about tests. She "discovered the joy of group study" during her second semester. "Sessions with a cluster of three or four other O.T. students, together with individual review, helped to significantly improve her performance while easing her apprehension."

The selection process in the highly competitive fields of rehabilitation education filters out most "at risk" students and the "sorting out process" for those remaining is usually related to students' study traits.

The author cites a colleague who is an advisor at the University of Florida at Gainesville who says that "one of the worst habits rehab students can have is to procrastinate and then cram the night before a test." He concedes that cramming is "proven to be the most ineffective thing you can do. People who cram are instilling concepts into their short-term memory."

It is critical that student therapists learn what their disciplines require thoroughly because, in every future class, they will need to re-learn foundation material which adds to the burden of the next course in a sequence. The colleague, GF, believes that the only way to "cement" factual material in long-

term memory is "to review, review, then refresh yourself, then repeat the process over again and again." The importance of putting data into long-term memory is that the student's competence will be called into question when he or she is queried by instructors during internships (clinicals). Additionally, the knowledge, appropriately integrated, will be needed for success on certification examination and, without a doubt, in one's clinical practice.

I was impressed by Goldsmith's statement that "success as a rehab student can only be achieved if you have the appropriate learning skills in addition to good study habits." She admits that study skills are not necessarily taught in pre-health professions programs. Among the available coping tools the successful learner might use is tutorial assistance which not only reinforce one's database, but can also help the student learn better how to learn.

Goldsmith's colleague, GB, at the University of Texas thinks that note taking is a skill that is worthwhile to develop (or in the case of one O.T. senior, borrowing a good note taker's work.) For a difficult O.T. neurophysiology course, students asked a student who had successfully completed the course the previous year to tutor them and found that input "tremendously helpful".

My heart leapt for joy when I read about the O.T. senior who said that effective studying must also include frequent communication with instructors. Even though some students are intimidated by the prospect of approaching a professor for help, it is "absolutely okay to ask for help from faculty members."

The place of "PLACE" in the study enterprise is important, too. Having a place to study where you will not be distracted is vital, but we have all heard the stories of students who apparently can "study" with the stereo or the television blaring. There probably are people who can be effective in such an environment. Oliver Sachs would likely diagnose them as autistic because of the penchant such persons have for being able to totally focus on a task "while the hounds of hell rage all about them (I made this one up)."

It may be the "kiss of death" to study on your bed (the place where you sleep, etc.) or at the kitchen or dining room table (where you eat) or near the telephone (which has a disconcerting tendency to ring when you're hot on the trail of the lateral lemniscus.)

Other reasonable tips offered for more effective study mentioned in the article are: keep up your energy. That means do not overcommit. This is the bane of the part-time student, especially one who has family responsibilities. Follow the minimal-amount-of-time-to-study-rule: study two to three hours for each scheduled class hour. If you work 20 or 30 hours a week, carry a 12 credit hour academic load and sleep 6 hours a night, you will have 60 hours a week for everything else! Time management is a critical skill for the rehab student (and all of the rest of us, too.)

Finally, the successful, effective learner must set aside time to "recharge" his or her batteries. So, part of the 60 hours of everything else has to be reserved to avoid "burnout", depression, panic, fights with significant others (though some believe this may be therapeutic), abusing children and animals.

In her closing paragraph, Ms. Goldsmith says, "We are taught in occupational therapy that people need to balance work, play and leisure in order to operate effectively. We as students need to apply that professional understanding to ourselves. Besides, if we do practice what we preach, we'll study more effectively and get better grades."

Excerpts from: Goldsmith, H. 1995. Effective Study Techniques for Rehab Students. Therapy Student Journal, spring, 1995, pp. 6-7

CONGRATULATIONS TO THE CLASS OF 1995.

# COLLEGE OF NURSING Office of Student Support Services

#### **NCLEX Applications**

Orientation to the NCLEX was held last month. Keep in mind the following when completing your application.

- •No personal checks
- •Cashier's checks or money orders should be made payable to Continental Testing Service for \$127.64.
- •Complete the application using black ink only.

#### Convocation

Convocation will be on June 9 in the Atrium lobby at 1:00 p.m. this year. You should have received your invitation requests and information on awards. If you have not already done so submit your invitation requests ASAP. The convocation committee consisting of faculty and students will determine award recipients.

## Smiles and Frowns, Re: Breakfast with the Dean

**Smiles** for the students who signed up to have breakfast and conversation with the Dean on March 7 and did so.

fromms for the students who signed up to have breakfast with the Dean and did not do so. Sign up sheets were used so we would have an idea of how much food to order. Forty-four people signed up and 15 appeared. Dr. Andreoli was very disappointed.

## More Smiles, Re: Missing Info Memos

Thank you to everybody for responding so promptly to the memos about missing health or CPR or OSHA information.

Mp apologies to those whose information had been submitted but had not been recorded and/or filed accurately.

Having your files up to date will make things smoother for you and your instructor(s) when proof of those activities must be submitted to clinical agencies where you are going to have a clinical assignment.

To encourage better compliance in keeping CPR, License (for RNs), health and safety records up to date, registration forms won't be signed until documentation demonstrating that requirements have been met are submitted to the College of Nursing Student Support Services office in 1418 Schweppe.

#### **Scholarships**

#### **Prelicensure**

The Illinois Nursing Education Scholarship Program will begin accepting applications for the 1995-96 academic year. Applicants must be permanent, legal residents of Illinois, enrolled in or accepted for admission to a nursing program in Illinois, an Illinois licensed practical nurse, and in need of financial assistance. Financial need will be determined by information provided by the Student Aid Report (SAR). Applications and further details are available in the Office of Student Support Services.

#### Graduate

The Midwest Alliance in Nursing (MAIN) will award two \$600 scholarships to a matriculated masters student and a matriculated doctoral student. Applicants should be employed at a MAIN member agency; or be an Associate member attending an educational institution that is a current MAIN member agency. Deadline for receipt of applications is May 15. Applications are available in the Office of Student Support Services. For additional information, contact:

Irish Thompson
Midwest Alliance in Nursing
2511 E. 46th Street, Suite E-3
Indianapolis, Indiana 46205-2452
(317) 541-3600

The Illinois Rural Health Association announced that it has grants available for nurse practitioners, nurse midwives, nurse anesthetists and physician assistants. The grants, sponsored by the association will be awarded in July for the upcoming 1995-96 academic year. To be eligible, a student must be a resident of Illinois at least one year prior to application and a citizen of the U.S., agree to serve one year in a rural county of Illinois for every year funded, and be enrolled or accepted for admission to an accredited program. Students may receive up to \$2500.

Applications are available in the Office of Student Support Services or you may contact the IRHA office at (217) 383-3206.

The Illinois Farm Bureau has a Nurse Practitioner Scholarship Program as an effort to develop a pool of nurse practitioners to meet the needs for primary care in rural Illinois. The program awards one or two grants each year, depending on the number and scoring of the applicants. Award recipients must agree to practice in a rural area for two years. Interested registered nurses may seek more information or applications for this program by contacting:

Nola J. Gramm
Illinois Farm Bureau
Rural Nurse Practitioner
Scholarship Grant Program
1701 Towanda Avenue
P.O. Box 2901
Bloomington, IL 61701
(309) 557-3272

### Research Administrative Assistant Position Available June 1st

Applications are being accepted to assist a doctoral faculty researcher in diverse facets of the research process, including literature searches, data collection and analysis, manuscript detailing, and grant preparation and management. This is an ideal position for someone who is interested in developing research and grants management skills.

Qualifications: Graduate student in masters' or doctoral (ND or DNSc) program with proficiency in using the Rush Library OVID system and in WordPerfect 5.1 or 6.0. Preference will be given to applicants who are familiar with the research process and basic statistical procedures.

Interested applicants are encouraged to leave messages at the Rush University College of Nursing office of Dr. Diane Cronin-Stubbs, (312) 942-6985, include best times for return calls. Schedule will be up to 8 hours per week and salary range is \$10-12 per hour.

#### A note from ANN COCKS Director, Office of Student Affairs

Dear Rush Students,

As we wrap up this final edition of the *Rush Reporter* for the 1994-95 academic year I first want to take the time to say to all graduating students, good luck and best wishes for a successful career in your chosen field. If you are continuing on with course work consider yourself halfway to your goal.

If you are going to be with us this summer, or returning in the Fall, you will see some changes in the Office of Student Affairs. No, we ARE NOT redecorating again.

Doreen Kelly, esteemed Assistant Director of Student Affairs & part-time archenemy #2 (inside joke), will be taking a **brief** leave of absence to care for her presently unborn, but soon to be born, twins. Her leave should last the duration of the summer but she will DEFINITELY return in September.

Who's going to do Doreen's job you ask? Cheryl and Ann, of course. If you utilize the Office of Student Affairs during the summer, visit us often but go easy on us please. We miss you already Doreen.

In addition to Doreen's brief absence, I will be leaving Rush in August. After six years of residence in the basement, or should I more appropriately say, lower or garden level of Schweppe, I will be leaving my job and returning to school. I will be attending Yale University in New Haven, CT. (not Harvard in Boston as rumor has it) as a Master's degree student in the Pediatric Nurse Practitioner Program. Yes, I have been converted. No doubt an unfortunate result of eavesdropping on too many conversations in the lounge. I do not know who will be filling the staff vacancy yet, but we (all two of us) will keep you posted as developments occur.

For those of you involved in Student Organization leadership positions (i.e. Presidents, VP's etc.;), Doreen and I will be meeting with you in May to orient new executive board members and to review new & old policies and procedures. For medical and nursing students interested in working on Big Sib/Little Sib programs, Survival Guides, Fall Orientation, etc. you will also be hearing from us soon. Check your mail frequently in the next few weeks.

Finally, to the many students and faculty members whom I have had the pleasure of working with, I thank you all. You've been great. After six years and 1,342 episodes of All My Children I am ready to pursue new and exciting things.

#### Nurses' Christian Fellowship

Nurses' Christian Fellowship has a packed schedule for May and June!

•May 1st, from 12 - 1:00 p.m. SSH 218 Survival Talk #5: "Spiritual Assessment in Nursing"

•May 4th, 5:00 p.m. at Moody Bible Institute
National Day of Prayer

Dorm Bible Studies are Tuesdays from 8 - 9:15 p.m. in SSH 315. An Investigative Bible Study is also available this quarter; time and place TBA. Contact Julie at 942-8175 for more information. We look forward to seeing you!

# NATIONAL STUDENTS' SPEECH LANGUAGE HEARING ASSOCIATION

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NSSLHA would like to thank everyone who supported our bake sale in March. Your contributions were greatly appreciated. In fact, it went over so well that NSSLHA is planning another bake sale on Thursday, May 18 in the Jelke lobby from 11:00 a.m. to 1:00 p.m. There will be a variety of delicious and 'healthy' snacks to choose from.

May is "Better Speech and Hearing Month". If anyone would like more information regarding their speech and/ or hearing, please feel free to call the Communication Disorders Clinic at 942-5332 and someone will be happy to speak with you.

NSSLHA would also like to congratulate all of the graduating Rush students on their many accomplishments and wish them good luck in all of their future endeavors.

#### WINTER QUARTER DEAN'S LIST

Congratulations to the following students in baccalaureate programs who earned at least a 3.50 quarterly grade point average for a full time course load during Winter Quarter, 1995.

#### **Medical Technology**

Priscilla Fitting Denise Hicks Sharon Malburg

#### **Perfusion Technology**

David Durdov
Darrell Fox
Patrick Johnson
Kurt Lumsden
Dawn Oles
Melissa Ostaszewski
David Runyon
Joanne Steingart

#### **Undergraduate Nursing**

Sean Barnawell Julie Becker Megan Bishop Jody Bormann Maura Capaul Emerald Co Cara Coomer Laura Coulter Judith Ganz Arlene Granados Linda Greenberg Thomas Brett Hill Ruth Johnson Sonja Jovanovich Bridget Kilpatrick Melissa Klein Kristen Kowalski Daliah Mehdi Heather Moore Elisa Mroz Catherine Narcavage Gary New Henrietta Nkemeh Niketa Patel

Geralyn Pawelski

Robin Reinhardt

Mary Price

Raul Quirarte

Michele Ross

Krista Samatas

Toni Simonaitis

Julie Son
Elvira Stawarski
Deborah Stotts
Karen Stromsland
Anne Taylor
Katina Thrush
Susan Trossman
Suzanne Yoder
Julie Zeno
Christine Zupancic

Dawn Anderson

#### **Graduate Entry Level Nursing**

Ellen Blood Belinda Brown Gina Consolino Karin Dahl Jane DeMichele Michael Egan Kathryn Elshoff MaryJane Fink Holly Fitzgerald Kari Fleck Pamela Fodor Lauren Foster Maria Goldsmith Thomas Gutchewsky Robin Hauser Camille Hoffner Heather Hromadka Kenneth Hugel Melissa Kahn Anne Keller Ann Kurkowski **Robert Lewis** Jennifer Macri Jody McGady Jan Odiaga Staci Park Numer Patacsil John Pond Gail Selleg Adriana Stettner Will Toperoff Jean Van Drie Antoinette Verlodt Carol Warhanik Amy Westapher Karen Wilson Pamela Wuczynski

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Volume XX Number 1 Sept./Oct. 1995

#### **BOOK BUYING 101**

Instructor - Paula Smith Rush University Bookstore

There seems to be a problem these days with many of the students here at Rush; no one seems to know the meaning of the phrase, "relax and enjoy the summer." 1995 graduates had not even walked across the stage when the bookstore telephone began to ring...incoming students looking for the fall quarter book list. Let me just say this; there is no prize awarded to the first student to buy textbooks each quarter. Maybe that was how things went at your undergraduate school, but you're at Rush now and I want you know how it works here.

Three months before the quarter begins is too soon to expect a book list, for heaven's sake! Ok. Ok. I fell for that one too when I first started with this book thing. Now I send threatening letters to the faculty and I have lowered my three month expectation. And I try to keep in mind that your faculty has duties other than teaching and other things on their minds besides books for a class that begins three months in the future. Teacher/practitioners, remember? It's part of the reason you chose to come to Rush.

You may notice a little sticker shock when you buy books. Please understand that your books just are expensive. This is because that physical assessment book doesn't have the mass appeal that, say, a Harlequin Romance has. Or even the books in English 101. Consequently, publishers spend more money on marketing which of course

makes the cost of the books go up. And of course, this year paper prices went up which also caused book prices to escalate

Books come to us discounted 20% from the list price (that which you see on the book). We give you a 10% discount (don't forget your ID), which leaves us 10% to cover shipping, expenses, all those freebie highlighters you all like, and the \$25,000 scholar-ship money donated in the Rush University Guild's name that comes off of our budget. So please don't think the bookstore staff will be vacationing in the islands this October.

There are some things you can do to keep down your book expenses. We do try to get used books, but they are difficult to come by. The last time we did a buy back, the bookstore got 2 books. Folletts got a box and a half. The trend seems to be that most students decide to hold their books until after some big, career threatening exam. Most books in the health professions go to new editions about every three years and you can intuit yourself what that does to the market value of books sitting on your shelves for a couple of years. So, unfortunately you won't see a lot of used books on our shelves. However, there are student run used book sales and these provide you an excellent opportunity to get a great deal on books.

The library is also a good source for books. We like to suggest that you test drive as many up there as possible and that you only purchase the books that you really want. This may come as a shock to some of you, but there is no axiom stating that the student with the most books gets the highest board scores.

You couldn't possibly read or afford all the books on your lists.

If all Rush students had the same learning style, we'd only need one book in every subject. If you look around the bookstore, you will notice several more choices and there is probably one tailormade for you. It may be much different than the one your big sib (or even your instructor) recommended. I cannot stress enough the importance of being a good book consumer, so choose wisely. We will happily sell you every book in the store, as long as we know you really want it.

One final note . . . if we see you sniffing our highlighters or listening to the way they sound as they move across the page, consider yourself warned that we will tease you. Unmercifully.

Welcome to Rush, or welcome back! Please let us know if we can help you in any way, and, have a great year!



### OFFICE OF FINANCIAL AID 119 SCHWEPPE 942-6256

#### HHS SCHOLARSHIP PROGRAMS FOR MEDICAL STUDENTS

The Department of Health and Human Services (HHS) provides funds to medical schools to award to students who meet the criteria of the programs as established by the Congress. Each year, the Financial Aid office submits an application for funding from the EFN, FADHPS, LDS and SDS programs (see program descriptions in the following chart). Based on our application, available funding and other schools' application, we are awarded funds to award to students meeting the criteria established by federal law.

Each program has specific eligibility requirements that must be met in order to receive the scholarship. These programs require parent information to establish eligibility.

For 1995-96, Rush Medical College was awarded 3 EFN scholarships (\$72,000) and 2 FADHPS scholarships (\$47,000). If you wish to be considered for any of these programs, then please notify Financial Aid of your interest. Specific questions about program eligibility or awarding should be directed to Robert Dame.

### INSTITUTIONAL FINANCIAL AID PROGRAMS

The following scholarships and loans are awarded to medical students who meet specific criteria. Since the program criteria is outside the normally requested information, students must identify themselves to the Office of Financial Aid for consideration.

**Sciaretta Scholarship** - This scholarship is for students of Italian descent who can prove both parents are of Italian

ian lineage. Appropriate documentation (copies of birth certificates, citizenship papers, etc.) must be provided.

The Rev. Cannon E. Savage Loan - This loan is for students of the Episcopal faith.

**Katzman Scholarship and Loan** - Eligible students must be of the Jewish faith and making satisfactory progress.

**Poma Scholarship** - Recipient must be fluent in Spanish.

Please contact Financial aid to be considered for any of these programs.

#### ADDITIONAL SCHOLARSHIPS AND LOANS

Pro Therapy of America is offering a \$5000 grant to physical and occupational therapy students in their final year of study. Awardees must agree to a one-year commitment. Benefits include furnished housing, bonuses, matching 401K, and continued educational funding. Applications may be submitted at any time, and are available in the Financial Aid office.

The John Gyles Education Fund offers scholarships up to \$2500 to students in all areas of post-secondary study. A minimum G.P.A. of 2.7 is required. Applicants must be U.S. or Canadian citizens and may apply through November 30, 1995. Contact the Office of Financial Aid for further information.

The Aid Association for Lutherans offers scholarship programs to adults in all academic fields. Recipients are selected based upon career goals, academic achievement, and church/community involvement. Contact the Financial Aid office for further information.

The Wisconsin Health Professions Loan Assistance Program offers loan repayment for physicians in the areas of family practice, general internal medicine, general pediatrics, obstetrics, and

psychiatry. A maximum of \$50,000 will be paid over a five year period. Applications are due by December 1, 1995 or April 1, 1996. Contact the Financial Aid office for additional information.

The Indian Health Service provides scholarships to students of American Indian or Alaskan descent. Undergrads receive non-obligatory funds covering tuition, books and fees. Graduate students are funded for four years with a minimum two year service commitment. Applications may be submitted throughout the 1995-96 school year. Contact the Financial Aid office for details.

The U.S. Public Health Service offers the Nursing Education Loan Repayment Program for graduate and undergraduate students. In exchange for a minimum two-year service commitment in an eligible health facility, 60 percent of principal and interest are paid, or 85 percent for a three-year commitment. Applications will be accepted throughout the 1995-96 school year. Contact the Financial Aid office for specifics.

The Illinois League for Nursing will award two scholarships of \$1,000 each to students in their final year of any undergraduate nursing program. Applicants must have a G.P.A. of 3.5, be above average in clinical, verbal and written communications skills, and provide proof of community service. Applications must be submitted by October 15, 1995 and are available in the Financial Aid office.

BACK-TO-THE-BOOKS Scholarship - The Downers Grove area branch

ship - The Downers Grove area branch of the American Association of University Women is offering a \$1,500 scholarship to a woman who has returned to college after at least a five year interruption in her education. Requirements are full time enrollment; complete program within 2 years; graduate or undergraduate student; and reside within the postal districts of Downers Grove, Darien, Lisle, Westmont or Woodridge. The application deadline is October 16, 1995. The application is available in the Financial Aid office.

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Scholwehlo for Disablentens	6 tudente.	May not exceed average cost of attendance	A) Environmental disadvantage or B) Family aize va. Income Level (94–95) 1 - \$ 9, 700 2 - \$12,600 3 - \$15,000 4 - \$19,200 6 - \$22,600 6 - \$25,400 6 - \$25,400 7 - \$19,200 7 - \$19,200 7 - \$19,200 8 - \$25,400	
FADIIPS	Disadvantaged Health Profession Students	Tuition and all other reasonable educational expenses (minus living expenses)	A) Environmental disadvantage of B) Family size vs. Income Level (94–95) 1  \$ 9,700 2  \$12,600 3  \$15,000 4  \$19,200 6  \$22,600 6  \$25,400 8  Resource do not exceed the lesser of \$5,000 or one half of the cost of attendance	PC - student is required to sign an agreement to enter & complete a residency training program in primary health care & practice in primary health care for 5 years after completing the residency training.
副	Exceptional Financial Need Scholarship	Tuition and all other reasonable educational expenses (minus living expenses)	Resources do not exceed the lesser of \$5,000 or one half of the cost of attendance	PC - student is required to sign an agreement to enter & complete a residency training program in primary health care & practice in primary health care for 5 years after completing the residency training.
SOT	Loan for Disadvantaged Students	Total amount cannot exceed tuition plus \$2,500 (combined total with HPSL)  E.  For 3rd/4th year - may be increased to pay balances of loans made to etudent, for attendance from sources other than HPSL, PCL, or LDS	A) Environmental disadvantage or (94 – 95) 1 - \$ 9, 700 2 - \$12,600 3 - \$15,000 4 - \$19,200 6 - \$22,600 6 - \$25,400  Student must demonstrate financial need.	
NAME		MAXIMUM AWARD TO STUDENT	BIGIBALITY	

### **Inside the Student Counseling Center**

Marilyn Johnson, Ph.D.

#### MULTICULTURALISM

"What is multiculturalism?" This question was asked frequently by Rush when the Rush Multicultural Affairs Coalition (MAC) was formed in 1991. We probably did not give as coherent a definition as we would have liked. Our early activities were directed more at organizing activities than at examining multiculturalism in depth. Now, four years later, we feel better able to define our ideas. The views expressed here, however, are my own.

The point of this column is to clarify the meaning of multiculturalism, and to a distinction between multiculturalism on the one hand, and political correctness (PC) and cultural separatism on the other. Because he says it so much better than most of us, I will quote extensively from Robert Hughes' book, The Culture of Complaint: The Fraving of America (1993, Oxford University Press). Hughes is eloquent, opinionated, informed and very funny. Everyone will take issue with some of his ideas as he dings the left AND the right; no one escapes his sharp eye. Let me start with a Hughes description of multiculturalism.

"Multiculturalism asserts that people with different roots can co-exist, that they can learn to read the imagebanks of others, that they can and should look across the frontiers of race, language, gender and age without prejudice or illusion, and learn to think against the background of a hybridized society. It proposes - modestly enough - that some of the most interesting things in history and culture happen at the interface between cultures. It wants to study border situations, not only because they are fascinating in themselves, but because understanding them may bring with it a little hope for the world."

"Nothing could be less like the tiny homogeneous Australia of my childhood than this gigantic, riven, hybridizing, multiracial republic, which each year receives somewhere between a half and two-thirds of the world's emigration, legal or illegal. By the year 2000, less than 60 percent of the people entering the American workforce will be native born whites. To put the argument for multiculturalism in merely practical terms of self-interest: Though elites are never going to go away, since the need to create them is written in our biological fabric - whether we choose to kid ourselves about this or not - the composition of those elites is not necessarily static. The future of American ones, in a globalized economy without a Cold War, will lie with people who can think and act with informed grace across ethnic, cultural, linguistic lines. And the first step in becoming such a person lies in acknowledging that we are not one big world family, or ever likely to be: that there are differences between races, nations, cultures and their similarities; that the differences are not divagations from a European norm, but structures eminently worth knowing for their own sake. In the world that is coming, if you can't navigate difference, you've had it "

It is inevitable, and unfortunate, that multiculturalism has become associated with political correctness (PC). This term has been used to define two related strands of thought which occur primarily on university campuses. The first of these declares that American education focuses entirely on the works of western civilization (i.e., is Eurocentric) and therefore has unfairly neglected the literature, history, art, etc. of other cultures, particularly those of the third world, as well as of women, gays and lesbians, etc. So far, so good. However, on some campuses the solution to this problem has been to throw out all contributions of D.W.M.'s (dead white males) like Shakespeare, Mozart, and Picasso, and to sometimes too carelessly embrace the works of representatives of oppressed cultures regardless of the quality of their contributions. The second tenet of PC is that those words which may suggest any sort of discrimination toward or denigration of individuals have become censurable, if not censorable. Again, the initial impulse is a worthy one but in some cases has been carried to extremes. Free speech becomes less than free when the expression of ethnic or other slurs leads students and faculty to be dismissed or fired from universities. Sometimes the slur is so egregious that no one would dispute its meaning; in other situations, the slur is defined as such by a small group of people. Many well-meaning students and faculty have found themselves uncertain about the "proper" terms to use. The upholders of these rigid standards have been termed "thought police" and a backlash has arisen against this movement. Converts are not won by being dismissed and

Hughes says this far more elegantly. "When the waters of PC recede - as they presently will, leaving the predictable scum of dead words on the social beach - it will be, in part, because young people get turned off by all the carping about verbal proprieties on campus. The radical impulses of youth are generous, romantic and instinctive, and are easily chilled by an atmosphere of prim, obsessive correction. The students it (PC) harms are the kids who would like to find a way of setting forth their dissatisfactions with the way America has gone and is going, but now find they can't speak so freely about them in case they use the wrong word and thus set off flares of complaint and little airbursts of contempt from those on their left."

Hughes decries the fact that strong adherence to political correctness has promoted a sense of cultural separatism. "Much mud has been stirred up by the linkage of multiculturalism with political correctness. This has turned what ought to be a generous recognition of cultural diversity into a worthless symbolic program... Its offshoot is the rhetoric of cultural separatism. But separatism is not, as some conservatives insist, the inevitable result of multiculturalism. The two are in fact opposite."

"Separatism denies the value of dialogue. It rejects exchange. It is multiculturalism gone sour, fermented by despair and resentment, and (in America, if not in Bosnia-Herzegovina or the Middle East) it seems doomed to fail. To use the cultural consequences of American diversity as a tool for breaking the American polity only breaks the tool itself."

"All too often, what poses as 'radical multiculturalism' exists in an ignorance of other cultures as profound as that of a West Coast car-salesman newly appointed as the U.S. Ambassador to Somewherestan in the 60s. In fact, it means separatism. It alleges that European institutions and mental structures are inherently oppressive and that non-Eurocentric ones are not - a dubious idea, to say the least."

You will rarely, if ever, hear such literary statements at a MAC meeting, but Hughes' ideas give us a framework for examining how each of us feels about these matters. These are emotional issues which, at bottom, have to do with power, change and resistance to change, and we need a stable framework to hold their weight. Let me conclude with some parts of the framework.

\*Multiculturalism seeks to enlarge our understanding of one another, and the world, and desires to include all groups. Cultural separatism emphasizes the rights of some groups over others; it encourages fragmentation and the inevitable conflict that flows from it.

\*Multiculturalism promotes the value of a civil tongue, of speech that is free but does not degrade others. Cultural separatism, at its extreme, condemns any language which it declares potentially offensive to any group it deems important.

\*Multiculturalism endorses the reduction of prejudice through bringing people together to share, not just their complaints, but their personal experiences of feeling like "the other"; the object is not to confront, not to blame, but to include. Cultural separatism, even unintentionally, fosters prejudice through the belief that only in-group members can ever understand one's

experiences, and that no encounter, however heartfelt, can bridge this chasm; the object is to gain solidarity and security through excluding "the other".

And now for a commercial. The MAC is working toward greater understanding of multiculturalism. We are open to anyone who has an interest in working with us and we invite everyone at Rush to come to some or all of our twice monthly meetings (first and third Tuesdays of the month) from noon to one in 710 Schweppe. Bring your lunch and join us.

#### Rush University Library - THE Place To Go To!

We hope you managed to keep cool during the dog days of summer and that you will come to a familiar gathering spot, the Library! Welcome in Fall by checking out the numerous resources available on the 5th floor, AcFac. Search OVID, our network of databases, any time you need journal article references from MEDLINE (1966 to the present), PsycINFO, Cinahl (Nursing), HealthPlan, AIDSLINE or CancerLit. Don't forget about learning to use our computerized catalog LIS (Library Information System) to find books, journals and audiovisuals to help with your studying. And navigate through our home page on the World Wide Web at our Internet workstation.

Save time by letting us locate, copy, and deliver photocopies of articles for that first major paper through our Document Delivery/Interlibrary Loan Service.

Try us out for literature searches, reserve readings, quiet study areas, and our relaxing reading area. Remember the 4th floor McCormick Learning Resource Center for audiovisuals, group viewing rooms, 24 hour study area, audiocassette recorders, and typewriters.

Watch for information on LIS/OVID classes, and stop at the Circulation Desk to receive your barcode on your Rush I.D.

In no time you'll be on your way to those "A" grades at the end of the quarter.

#### LIBRARY FALL HOURS

Monday - Thursday		7 a.m 12 a.m.
Friday		7 a.m 6 p.m.
Saturday	and the second of the	9 a.m 6 p.m.
Sunday		1 p.m 9 p.m.

#### McCORMICK LEARNING RESOURCE CENTER FALL HOURS

Monday - Thursday		8 a.m 11 p.m.
Friday		8 a.m 6 p.m.
Saturday		9 a.m 6 p.m.
Sunday		1 p.m 7 p.m.

# **COLLEGE OF NURSING Office of Student Support Services**

A HEARTY WELCOME to all of our new students and to students who took the summer quarter off. We hope you are all ready for a new and exciting academic year in our dynamic College of Nursing.

#### **Policy Reminder**

- •Health Please submit proof of an updated TB test to the Office of Student Support Services, 1418 SSH no later than September 20, 1995.
- •OSHA All students, undergraduate and graduate, must have training and a test. New prelicensure students have their OSHA sessions in class. All others will be scheduled for the training and testing unless they show proof of having already done it. A session will be offered September 25 from 11:00 a.m. 12:00 p.m. The session will be in room 317 SSH. You must submit proof of current compliance such as a letter or a certificate to Alvina Beamon in 1418 SSH. Xerox copies are acceptable.
- •CPR All students must have current CPR certification. If you have not updated your certification, please do so without delay.
- •RN license RN students must submit proof of current RN licensure if due.
- •Graduate students having clinical practica at Cook County Hospital must have proof of Rubeola and a Hepatitis B titer. Varicella Zooster serology is recommended.

YOU WILL NOT BE PERMITTED TO DO YOUR CLINICAL PRACTICUM IF YOU ARE NOT IN COMPLIANCE WITH ALL HEALTH, OSHA AND CPR REQUIREMENTS.

#### **Professional Events**

## THE NURSING SPECTRUM CAREER FORUMS WILL BE HELD AS FOLLOWS:

•Tuesday, October 17, 1995 at the O'Hare Marriott

and

•Thursday, October 19, 1995 at the Oak Lawn Hilton

STUDENTS ARE ADMITTED FREE!! CHECK YOUR SCHEDULES AND PLAN TO GO!

NSNA Mid-year Conference will be in Los Angeles, California, November 16-19, 1995. NSNA members have information. The NSNA Annual Convention will be in New Orleans, Louisiana, April 10-14, 1996.

## **Scholarship Opportunities**

## Illinois League for Nursing Scholarships for Seniors!

The ILN has one \$1000 scholarship for full-time students who meet the following criteria:

- 1. GPA of 3.5 on a 4.0 scale
- 2. Above average clinical performance
- 3. Above average communication skills
- 4. Leadership in an organization and/or community service

Applications are available in 1418 SSH. The due date for applying is October 15, 1995.

#### National Health Service Corps Student Opportunities!

Nurse Practitioner students!! Apply for a NHSC scholarship. You may get payment of tuition and fees, books, supplies and equipment for up to 4 years of education and a monthly stipend. For each year of support, you must serve one year in a health professional shortage area after graduation. Applications are due March 1, 1996.

## **Improve Your Writing Skills**

## HOW TO WRITE GRADUATE TERM PAPERS

#### A three hour workshop

The workshop will be Tuesday, September 26, 1995 from 3:00 p.m. to 6:00 p.m. The cost is \$30.00, including the workbook.

#### **GRAMMAR REFRESHER**

#### A three hour workshop

The workshop will be Tuesday, September 19, 3:00 p.m. to 6:00 p.m. The cost is \$30.00.

To register or inquire about either of these workshops, call Dr. Camilleri at (312) 684-6566.



## **Nurses' Christian Fellowship**

WELCOME to all new and returning nursing students! Nurses' Christian Fellowship (NCF) has an exciting schedule planned for the 1995-96 school year. Our theme for the year is "Putting the Pieces Together." We hope to help you learn how faith in God fits into every area of your life: school, work, family, relationships, etc. NCF will hold seminars each quarter featuring guest speakers on these topics. We will also be meeting weekly for dorm and commuter bible studies. These will be great times to learn more about God and meet new people. Of course, we are also planning some events that are strictly for fun and socializing! We invite you to be a part of NCF. Look for specific times and places posted on the Schweppe Sprague 3rd floor bulletin board. We look forward to seeing you!



## JOB GUIDE

Two Office Assistants needed in the Financial Aid office. Hours are flexible and the pay is \$6.00 per hour. Responsibilities may include filing, typing, answering phones and general office duties. Students eligible for College Work Study may contact Bob Dame at extension 2-6256 if you are interested.

The Office of Student Affairs is seeking a student who is College Work Study eligible to work at least two days during the lunch hour and at least two evenings per week from 5:00 to 9:00 p.m. The salary is \$6.25 per hour. Call 942-6302 if you are interested in this position.

#### **SNA CORNER**

The Illinois Student Nurses Association will hold its annual meeting September 29 through October 1, 1995, at Jumers in Peoria, Illinois. Rush has the largest Student Nurses Association membership in the state and therefore can bring a large delegation to the convention. Attending this meeting would be a great opportunity to get involved at the state level and to run for a state position. Contact Karin Dahl or a SNA board member if you are interested in attending.

#### COMMUNITY SERVICE OPPORTUNITIES

Believe it or not, there is a world and life outside of RUSH and nursing school. It's in the community surrounding RUSH and elsewhere in the Chicago area. How does one get to be a part of that world? By participating in community service opportunities sponsored by the RUSH College of Nursing Student Nurses Association (SNA)!

There are several opportunities available through which you can practice the skills you have learned in nursing school as well as provide general care and assistance to those in the community.

Examples of such opportunities are visits to shelters for the homeless and participation in health fairs where students exchange information on various healthcare-related topics with members of the community.

For more information about Community Service Opportunities contact your SNA Community Service Representative, or check the SNA Bulletin Board outside Rm. 317 (Schweppe).

SNA Community Service Representatives are Karen Wilson, (312) 942-8133 and Pamela Fodor (312) 348-5907.

Discover the life that's out in the community!

## SPRING QUARTER DEAN'S LIST

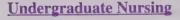
Congratulations to the following students in **baccalaureate programs** who earned at least a 3.50 quarterly grade point average for a full time course load during **Spring 1995**.

#### **Medical Technology**

Priscilla Fitting
Denise Hicks
Frank Hill, Jr.

#### **Perfusion Technology**

David Durdov
Darrell Fox
Patrick Johnson
Joanne LaDuke
Kurt Lumsden
Cynthia Olaso
Dawn Oles
Melissa Ostaszewski
David Runyon



Gayle Anthony Elizabeth Arado Rebecca Arnold Cesar de Luna Barbin Craig Beaty Amelia Beckett Megan Bishop Carol Buentello Shelly Burt Cara Coomer Colleen Deady Christina Deen Janine Gordley Thomas Brett Hill Linda Greenberg Laura Haverty Sueane Hemmer Jennifer Heniff Arnett Howell Ruth Johnson Sonja Jovanovich Bridget Kilpatrick Melissa Klein

Shirley Koo

Anna Kosior

Kristen Kowalski



Dawn Kunde Diane Lizzo Shannon Mahoney Peggy Mateski Heather Matty Daliah Mehdi Joan Meny Jane Mitchell Heather Moore Catherine Narcavage Geralyn Pawelski Yolanta Pluta Mary Katherine Price Bonnie Rebella Robin Reinhardt Jennifer Robbin Michele Ross Lynn Sako Toni Simonaitis Kristan Sodergren Julie Son Victoria Stamm Elvira Stawarski Karen Stromsland Janice Tang Susan Trossman Carolyn Wilson Lynette Zick

## Graduate Entry Level Nursing

Dawn Anderson Ellen Blood Belinda Brown Gina Consolino Karin Dahl Jane DeMichele Sharmila Dias Michael Egan MaryJane Fink Holly Fitzgerald Kari Fleck Marla Goldsmith Thomas Gutchewsky Heather Hromadka Melissa Kahn Anne Keller John Konopelski Thomas Lewandowski Robert Lewis Anthony Mitchell Susan Nankin Jan Odiaga Staci Park Gail Selleg Adriana Stettner Will Toperoff Jean Van Drie Antoinette Verlodt Carol Warhanik



## **ACADEMIC SKILLS CENTER**

Michael J. Harris, Ph.D., Director

Rush University students - Welcome to the 1995-96 academic year! For those of you who are returning and are familiar with the system, remember that the Academic Skills Center is your "one stop" location for learning assistance. Both new and returning Rush students are invited to take advantage of the Center's services which include:

- advice about how to manage time
- facilitation of access to the academic resources of Rush University
- assessment of reading, writing, test-taking and other learning skills
- advice about how to be a more effective test-taker
- advice about how to get the most from notes and technical reading
- editing and critique of term papers, theses and dissertations
- assistance in the preparation of resumes/curriculum vitaes and letters of application
- facilitation of access to content tutorial
- advice and tutorial help on the application of basic statistical analyses
- assorted hand-outs on various study skills topics

The Academic Skills Center is located in Room 418 of the Academic Facility, south of the Learning Resource Center on the Paulina Street side of the building. Feel free to drop in between the hours of 8:00 a.m. and 4:00 p.m. daily for consultation or call 2-3227. Users are also welcome to make individual appointments. When needed and requested, special sessions on various aspects of "toward more effective studying and test-taking" may be arranged.

For non-routine study-related problems, arrangements can be made for referrals to appropriate expertise toward their solution. Arrangements can also be made for on-site rapid reading courses. <u>Providers of these special programs may charge a fee for them</u>. Within budget constraints efforts will be made to obtain a subsidy for some of the extramural programs.

As always, suggestions, comments and constructive criticism of the services offered by the Academic Skills Center are welcome from students and faculty of Rush University.

The purpose of the Academic Skills Center is to help Rush students get the most out of their study efforts while at the University. There is no charge for any of the services provided by the staff of the Center.

ATTENTION: All Rush University <u>STUDENTS</u> who took Mr. Allan Goldin's <u>POWER READING PROGRAM</u> during calendar years 1994 and 1995.

The Academic Skills Center is conducting a <u>customer satisfaction survey</u> of Rush University <u>STUDENTS</u> who have taken the program either on the campus or at one of several sites off campus during the period mentioned above. You are invited to pick up a copy of the survey at 418 Ac Fac on or before Monday, September 12, 1995. You are asked to return the completed survey by Friday, September 16, 1995 in the stamped return envelope. You will not be required to identify yourself by name, but may do so if you wish. In any case, no information which could identify you will be circulated either within or outside of the University.

For Power Readers who are unable to pick up a copy of the survey in person, one will be mailed to you at your home or campus address. Those receiving the mailing are requested to return the completed survey by Friday, September 16, 1995.





## WEATHER AND OTHER EMERGENCIES

Of course we're all thinking of Winter right now . . . NOT! I know we're all hoping for a Winter that's mild and dry, but just in case Mother Nature doesn't cooperate and hazardous weather conditions or other emergencies do arise, Rush University has adopted the following policy:

RUSHUNIVERSITY WILL REMAIN OPEN EXCEPT IN THE MOST UNUSUAL WEATHER CIRCUMSTANCES OR OTHER EMERGENCIES. In all cases, faculty and students directly involved in providing patient care functions are expected to make every reasonable effort to be on campus. Purely didactic classes may not be held on certain days when traveling is judged to be exceptionally hazardous or difficult.

Expect that Rush will close only when the conditions are exceptionally hazardous or difficult, which occurs very rarely. In most cases, the University will be open. (It has not been closed even once in 19 years.)

Authorized school closings will be announced on the following radio and television stations: WGN, WIND, WMAQ, WCFL, WBBM-FM, WCLR, WFYR, WYEN, and WGN-TV. The telephone operators at RPSLMC will also be notified in the event school is closed. PLEASE DO NOT CALL OTHER OFFICES OR PERSONS.

Questions about this policy may be directed to Student Affairs, 023 Schweppe, 942-6302.

## HEY, RUSH STUDENTS! ARE YOU READY FOR A T.G.I.F.?

School's back in session and you've made it through the first week!! It's time to join us for the first T.G.I.F. of the year! The Alumni Association of Rush Medical College invites you to a big welcome T.G.I.F. for all new and returning students on Friday, September 15, 1995 on the Schweppe Patio. From 4:30 p.m. to 7:00 p.m. Rush Medical College Alumni will be on hand to serve up refreshments and to entertain you with tales from days past. This will be a great opportunity to meet Rush Medical School alumni and visit with classmates. Please R.S.V.P. by calling the Alumni office at 942-7165!

#### **MAILBOX ALERT**

All medical students and prelicensure/GEL nursing students have been assigned an on campus mailbox or mail file. Medical student boxes are located next to the student lounge on the 7th floor of the AcFac. Nursing students can find their mail files in the Student Lounge, 023 Schweppe.

No U.S. mail will be delivered to on campus mailboxes or files. Please make arrangements to have all personal mail, including journals and magazines sent to your home address. Questions regarding mailboxes should be addressed to the Office of Student Affairs, 023 SSH, extension 2-6302.

The Office of Student Affairs no longer maintains mail files for students in masters or doctoral nursing, health sciences or graduate college programs.



#### STUDENT BOX OFFICE

The Office of Student Affairs offers Cineplex Odeon Theater tickets to **RUSH STUDENTS ONLY** at \$4.00 each, limit of six. Stop by the Office of Student Affairs, 023 Schweppe Sprague, from 8:00 a.m. to 4:30 p.m. Monday through Friday to purchase your tickets. Bring your student I.D.!



## RUSH SMILES





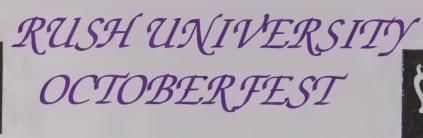














So, eat, drink, and celebrate Fall with this very special event, OCTOBERFEST!













Published by the Rush University Office of Student Affairs

# Volume XX Number 2 Nov/Dec 1995

## Celebrate The Arts

Rush Students and Faculty, are your artistic talents or hobbies being hidden away or put on a back burner due to your class and/or study schedule?

The Office of Student Affairs would like to offer you an opportunity to participate in Rush University's week-long Art Fair and/or the annual Music Recital. Rush University Library is the site for displaying art work which could include photography, drawing, painting, needlecraft, etc. This week-long art fair will take place the week of February 12 to 16, 1996. The annual Music Recital, which is classical in nature, will be held in Room 500 on Wednesday, February 14 from 4:30 to 6:00 p.m.

If you are interested in exhibiting your artistry through the Art Fair or Music Recital, please contact Danita or Doreen in the Office of Student Affairs, extension 2-6302.





#### FESTIVAL OF LIGHTS

Do you celebrate Kwanzaa with your family? Do you have Christmas customs to share from Mexico or other countries? Would you share information about Ramadan and Eid-ul-Fitr? Could you explain how Diwali is celebrated? Share your experience with the Medical Center community.

We are looking for students and staff from all ethnic/religious groups to participate in the Third Annual Festival of Lights. The event is planned for Tuesday, November 28 outside the 540 Academic Facility lecture hall at 12:00 noon.

In previous years we had booths representing Jewish Chanukah, Catholic Advent, African-American Kwanzaa, Swedish Santa Lucia, the Baha'i faith, Native American Groups, Christmas in Mexico, Hindu Diwali and more. It is an opportunity to share ethnic/religious customs which mark this time of year with some kind of a festival of lights. The only commitment, aside from your preparation time is the lunch hour on that day. This event is sponsored by the Multicultural Affairs Coalition. For more information. contact Ann Schuppert, Director, Office of International Services at x22030.

# RUSH MEDICAL COLLEGE PHONATHON!

You can help raise money for Student Financial Aid at Rush Medical College! The Alumni Association will be holding its annual fall phonathon, Monday and Tuesday, November 13-14 in the Alumni Office in the Triangle Office Building, Suite 250.

Free pizza will be served nightly and students will receive a \$25 Rush University Bookstore Gift Certificate for each night they call! Please volunteer by calling Sheila in the Alumni Office at ext. 2-2833. Everyone is welcome and no experience is necessary.

Also, if there are any students who are interested in joining the Medical College Student Fundraiser Committee, please give Sheila a call at the number mentioned above.

## Student Affairs Welcomes New Director

The Office of Student Affairs welcomes its new Director, Danita Nelms, M.Ed., who took over the reins at one of our busiest times of the year, New Student Orientation! Danita comes to Rush from Loyola's Stritch School of Medicine where she was an administrator in medical education.

Please join us in welcoming Danita to Rush University!

## OFFICE OF FINANCIAL AID 119 SCHWEPPE 942-6256

#### STAFFORD LOAN PROCEEDS

Beginning this fall quarter, the Financial Aid office has initiated the Master Check process for Federal Stafford Loans and the HEAL Program. We started with only three banks: The First National Bank of Chicago; River Forest State Bank; and Household Bank (MEDLOANS), and we will be expanding to as many Illinois banks as possible. We are currently processing loans through more than 70 different Illinois banks, a number of different guarantee loan agencies throughout the United States.

By using this process, the school applies the loan proceeds directly to your university account. This eliminates you having to make a special trip to the Financial Affairs Office to sign the loan check then having to make another trip to pick up any overpayment check. Instead, when the loan proceeds have been received and applied to your account, you are sent a copy of the receipt indicating the amount applied to your account, and if you are getting an overpayment check, a note to pick up the check.

We apply the loan proceeds to your account as quickly as possible after we receive the Master Check. The Master Check includes the loan proceeds for a number of students. When we receive the check, the Financial Aid office must verify continued eligibility before handing it over to the Financial Affairs office. Each student's account must then be credited and the receipt printed, and any applicable overpayment papers must be prepared. We want to get the funds as quickly as possible to you, but it still takes some time to complete the process.

You can help us to become more efficient in the delivery of the loan pro-

ceeds to you by indicating that you give authorization for the loan proceeds to be transferred electronically (via EFT-Electronic Funds Transfer) to the school the next time you complete the Application and Promissory Note for Federal Stafford Loans. Of course, if you wish to sign each loan check in Financial Affairs, you may do so.

If you have any questions about this process, please stop by to see one of the counselors in Financial Aid or Financial Affairs.

#### CONGRESS CONSIDERS STUDENT AID CUTS

On September 26, the Labor and Human Resources Committee reported its reconciliation legislation to the Senate. The markup completes committee action to cut the federal student loan programs by \$10.8 billion over the next seven years.

One method devised to cut federal expenditures was to eliminate the interest subsidy on the six month grace period for subsidized Stafford loans. This does not affect loans already advanced to students, but most likely will impact new borrowers and/or loans disbursed for the 1996-97 year. For example, with an interest rate of 8.25%, an \$8500 Stafford Loan would have \$700 of interest accrual. Without the interest subsidy, a borrower would have to pay an additional \$350 over six months for every \$8500 Stafford loan.

Another method to reduce the budget imposes a fee or tax for each institution participating in the federal loan program. The amount of the fee is .85 percent of the loan volume. Rush University does approximately \$12 million in federal Stafford loans each year, so the University would be faced with payment of \$102,000 to the federal government at the current level of borrowing.

These and other issues are in both the House and Senate bills. Each chamber must now meet for compromise legislation to submit to Congress for final approval. It is expected that Congress will have these final bills sometime in October or November.

#### WISCONSIN OFFERS LOAN REPAYMENT TO PHYSICIANS AND NURSES

Primary Care physicians are eligible for \$50,000 in loan repayment under Wisconsin's Physician Loan Assistance Program. Physicians who agree to practice in designated medical shortage areas in Wisconsin will receive this amount.

Nurse Practitioners and Certified Nurse-Midwives are eligible to receive up to \$25,000 in loan reimbursement.

The application deadlines are between December 1 and April 1. For more information call 1-800-385-0005.

#### PISACANO SCHOLARSHIP FOR PRIMARY CARE

Medical students who have made a commitment to the field of Family Practice and who enter their third or fourth year of medical school in the fall of 1996 may apply. The scholarship offers \$50,000 over five years and is designed to reimburse a portion of medical school related debt. Ten scholarships are awarded annually, and the recipients will be reviewed annually to ensure eligibility for continuation.

The application deadline is March 1,1996. Application materials are available in the Financial Aid office.

## Student Employment Opportunities

The Rush Bookstore is looking for a bookstore clerk. Retail experience is helpful but is not a requirement for the job. Responsibilities will include pricing and shelving merchandise, running the register, helping customers and other duties as assigned. Work hours fall between the hours of 8:30 a.m. and 5 p.m. You must be Work Study eligible. The salary is \$6.25 per hour for 5 to 15 hours per week. There are five vacancies for this position. Please call Paula Smith at 942-5845.

continued on next page ->

The Department of Preventive Medicine has job openings for Research Assistants. Four College Work Study eligible students are needed. The wage is \$8.00 per hour and the hours are flexible. Please call Michelle Hoersch at 942-3177 if you are interested.

The Office of Student Affairs has an opening for a Work Study eligible student. The pay is \$6.25 per hour for 5-10 hours per week. Student must be available during at least one lunch hour (12-1 p.m.) and one evening (5-9 p.m.) per week. Call Danita Nelms at extension 2-6302 to discuss this opportunity.



The Rush Payroll Department is seeking a filing clerk for approximately 20 hours per week. The wage is \$6.00 per hour. Student must be Work Study eligible. Please call Theresa Sykucki at extension 2-5625.

The Department of Occupational Therapy has several Work Study positions available. Duties may include supply inventory ordering, filing, typing, office work and assistance with patient related activities. Available sites include Out-Patient Occupational Therapy, Suite 1006 Professional Building; Occupational Therapy/Therapeutic Recreation, J.R. Bowman Center; Occupational Therapy/Psychiatry, 12 and 13 Kellogg; and General Medicine/ Surgery/Pediatrics, 210 Rawson. Any Rush University student, eligible for the Work Study program is eligible for consideration. Contact Cathy Brady, Coordinator of Clinical Services, Department of Occupational Therapy at

extension 2-3285.



#### **GIVE LIFE A CHANCE**

Georgette Tsenekos Apheresis Recruiter, Rush Blood Center

I have some things I would like to share with you. One of the best ways of saving a life is to become a platelet donor. Platelets are tiny disc-like blood cells that help the body prevent bleeding. Blood is drawn from a donor's arm and processed through a cell separator which spins the blood and divides it into its various components - plasma, white cells and red cells. The platelets are separated from these components, roughly 30-40% are collected and the remaining components are then returned to the donor. The collected platelets are tested to insure they're safe and healthy. They are held in inventory until they're needed for up to three days. Platelets are used to treat patients with leukemia and other cancers as well as patients undergoing liver transplantation and cardiac surgery. Platelet donation is a snap! Platelets are quickly replaced in your body - within 48 hours - and you can donate platelets every two to four weeks. There is also a special way to donate platelets - while relaxing and watching a movie! Platelet donation is safe. The donor's blood passes through a sterile and completely disposable set of plastic tubing. The blood never touches the machine nor is it exposed to any contamination.

You are probably wondering, "Who is eligible to donate?" Donors must be between the ages of 18 and 75, weigh at least 110 pounds, and be free of cold or flu symptoms. Those ineligible to date include persons with a history of cancer (other than skin cancer), hepatitis, heart conditions, insulin injections, convulsions or malaria; also, persons who have traveled within a country where malaria occurs in the past 12 months, or who have immigrated from a country where malaria occurs in the past 3 years. Finally, anyone in a high risk group for HIV/AIDS or anyone with symptoms of HIV/AIDS.

The ability to process platelets at Rush enables us to most effectively manage product availability, maintain the highest quality product for our patients and avoid community wide shortages. Currently, less than 4% of the Medical Center's 8,000 employees (including students) are active participants in the platelet donor program. Patients' friends and families supply some of our donations. However, many patients don't have these resources and others have needs that are not predicted in advance. Donations by members of the "Rush family" have been an important source of platelet support for such patients. Our patients need more support from the employees, students, alumni and members of the community outside Rush.

For more information on becoming a platelet donor, please call the Blood Center at 312-942-6680. You'll get the good feeling you've given someone a second chance at life!

## **Inside the Student Counseling Center**

Marilyn Johnson, Ph.D.

A natural topic for a column in the new school year is anxiety. Anyone who tells you that he or she felt no anxiety during the first year at Rush is (a) a pathological liar; (b) brain dead; (c) a daily cocaine user; (d) all of the above; (e) a and c but not b; (f) b and c but not a; (g) a and b but not c; (h) none of the above. There are at least three sources of anxiety for new students.

Novelty/uncertainty. This type of anxiety is especially prevalent during the first year of school; it also occurs when routines change markedly (e.g., when medical students begin clerkships after a period of academic study). How many of the following events did you experience during your first year at Rush?

- •New city and/or state
- •New apartment
- Separation from loved ones
- •Lack of acquaintance with anyone in Chicago
- •Role change from worker to student
- •Marriage/cohabitation
- •New city for significant other(s) including children
- •Change to urban living
- Lack of acquaintance with anyone at Rush
- •Change in financial situation.

The greater the number of items which characterize this period, the greater the anxiety you probably felt.

Achievement emphasis. Unless you are a genius, professional/graduate school will evoke achievement anxiety from time to time. You may experience this as the Peter Principle, deciding that you have finally reached the level of your incompetence. Or you may relate to the impostor phenomenon: you have managed to fool your teachers and admissions committees so far but you're about to be exposed for the know-nothing you really are. It is small comfort when that rare classmate acknowledges

his or her insecurity or test failure because you're quite sure that all the folks who say nothing are achieving academic stardom. Not true, of course; they think you're doing well and they hope you don't discover their ineptitude.

Social relationships. Here you are again among a group of strangers when what you want more than anything is a friend. Your past experience gives you a clue as to how easy or difficult making friends will be. However, even if it has been difficult in the past, you are in a good position to succeed now because of the professional school structure. That is, you will be in intense contact with at least a small group of other students in clinical or laboratory situations and the Lifeboat mentality (we're all in this risky situation together) will take over. Research indicates that the degree of loneliness students feel is related to the degree of self-disclosure they make, so take a lesson from this and let others get to know you (even if you think you are dull and uninteresting). Unless you are romantically attached already, you may be seeking a lover as well as a friend. Here too your past experience will guide your expectations. If you are an older student or a student in a program which is predominantly female, or male, this may increase your concerns.

The transition to professional and/ or graduate school is a transition, however, which by definition means it is time-limited. Most of the time, growing familiarity with these different situations leads to a reduction in anxiety. What do you do if the anxiety continues or increases? How do you decide if your anxiety is severe enough to warrant professional attention? What follows is a brief description of two types of anxiety disorders which may help you assess your own anxiety if and when it seems more serious than in those examples described above. There are two general categories of anxiety which require professional intervention. First there are the anxiety states, the most frightening of which is the panic attack; this is defined as a recurrent anxiety attack that occurs unpredictably. Symptoms of panic attacks include fear of dying and/or losing control and a number of physical symptoms such as dyspnea, palpitations, sweating, shaking, dizziness, a choking or smothering sensation, etc. These attacks usually last for minutes rather than hours.

The other category is the phobias, of which agoraphobia has received the most attention in recent years. Phobias are persistent and irrational fears of specific objects, activities or situations that result in a compelling desire to avoid the dreaded object, activity or situation. Agoraphobia is the marked fear of being alone or being in public places from which escape might be difficult or help not available in case of sudden incapacitation. This definition contains the symptoms of agoraphobia.

The treatment for phobias and anxiety states follows from a careful behavioral assessment of the problem which focuses on the relationship between the presenting symptoms or problems and the contexts in which they occur. One behavior therapist suggests an A-B-C mnemonic for this behavioral analysis; try it yourself.

- (A) Antecedents are any stimuli that precede occurrence of the target behavior; they can be feelings, interpersonal events, thoughts, behaviors, etc. What factors seem to precipitate my anxiety? "They're giving me so much work that I can't possibly do it all, so I'll probably flunk out."
- (B) Behaviors are the overt and covert activities and experiences

(thoughts, feelings, images and interpersonal responses) that make up human behavior. How do I experience and express my anxiety? "I'm feeling so tense I can't sit still, I can't sleep and I'm talking about this to everyone I meet."

(C) Consequences are what happens after the symptomatic behavior occurs. What are the results of my anxious behavior? "As a result, I'm not able to study as I need to and I'm making myself more anxious by talking about it all the time."

It is natural for someone suffering from acute anxiety to attempt to cope by avoidance; this can range from staying away from school to using drugs regularly to take the edge off the anxiety. However, these efforts are rarely successful, and in fact the basis of all behavioral approaches to treating anxiety is exposure to the anxiety-provoking stimulus. This may be done in vivo (e.g., the agoraphobic leaving the house in the company of a friend or even a therapist) or via the imagination (e.g., the panic attack sufferer goes through a series of mental images of the fearful situation). In every case, the anxious person is helped to confront the object of fear so that the tension will eventually be extinguished. Medication is sometimes used in conjunction with the behavior therapy but there is no substitute for the process of careful exposure to the source of the anxiety.

A critical element in anxiety is a feeling that you are out of control, that you are alone with these terrible thoughts and feelings. I hope this discussion has informed you that much of the anxiety you experience, especially during your first days and weeks at Rush, is felt by nearly everyone. You were good enough to get here and you will be good enough to stay.





#### NATIONAL STUDENT SPEECH-LANGUAGE-HEARING ASSOCIATION (NSSLHA)

Recently, NSSLHA welcomed 13 new members to the chapter. Already, these members have been extremely helpful in making the activities eniovable as well as successful! We wish them the best during their graduate work here at Rush! In September, several members helped with our community project by participating in Chicago's AIDS Walk which raised funds for local agencies who serve people impacted by AIDS and HIV infection. NSSLHA would also like to thank those who have supported our bake sale fund-raisers throughout the past few quarters. Your contributions are greatly appreciated!

#### **NCF NEWS**

Nurses Christian Fellowship has had some exciting events this fall quarter. We had an overnight retreat in Cedarlake, Indiana, a special time of praise and worship, and an outing to the Rich Mullins concert at the Rosemont Horizon. Our weekly Bible Studies are time to get together each week to look at the Bible and share how our faith impacts our lives.

We are looking forward to our Thanksgiving/Christmas Party on November 20. It will be a great time to celebrate the end of the quarter! Please join us for these events as well as our weekly Bible Studies:

- •Tuesday 12 1 p.m. Commuters Bible Study
- •Tuesday 6:30 7:30 p.m. Investigative Bible Discussion
- •Tuesday 8 9 p.m.
  Dorm Bible Study





#### OFFICE OF INTERNATIONAL SERVICES

The Office of International Services, located in room 417 of the Academic Facility has been established to serve the needs of students, as well as other international visitors to the Medical Center. Ann Schuppert, the director, can be reached at 942-2030. The newly-formed office plans to provide pre-arrival information to visitors, help in preparing visa applications and immigration paperwork, orientation on arrival, and educational, cultural, and social programming. Students planning trips abroad can use the office as a resource for information such as how to apply for a U.S. passport and how to obtain an international student ID card.

In October new students and visiting scholars had a chance to meet current international visitors at a dinner sponsored by the office. Upcoming events include the International Fellowship Program (a Thanksgiving home stay in various Illinois communities), participation in the Festival of Lights (sponsored by the Multicultural Affairs Coalition), and the third annual New Year's Celebration (featuring the celebration of the new year in various cultures and calendars).

# **COLLEGE OF NURSING Office of Student Support Services**

#### **POLICY REMINDERS**

CPR and OSHA certification and TB screening must be renewed every year. You must submit documentation indicating that you have attended CPR and OSHA training sessions and had an annual TB screening. Some CPR certifications may extend two years, check the back of your CPR card to be certain then send us a copy. We must have documentation on file in 1418 Schweppe or you will not be able to participate in clinicals and register for the next quarter. Bring copies of your documentation to Alvina Beamon in Room 1418 Schweppe.

It cannot be overstated that YOU WILL NOT BE PERMITTED TO REGISTER FOR NEXT QUARTER IF YOU ARE NOT IN COMPLIANCE WITH ALL HEALTH, OSHA AND CPR REQUIREMENTS. You will receive a delinquent notice and a copy will go to your advisor.

#### R.N. License

R.N. students must submit proof of current R.N. licensure if due.

#### **Practicas at Cook County**

Graduate students having clinical practica at Cook County Hospital must have proof of Rubeola and Rubella immunization and a Hepatitis B titer. Varicella - Zooster serology is recommended.

## STUDENT ADVISING HANDBOOK

The new 1995 - 1997 Student Advising Handbook is now available for pick up. Get your copy in the Office of Student Support Services, 1418 Schweppe. You must sign a receipt indicating you received your handbook so books may not be picked up by friends.

What useful purpose does this book provide? Consult your handbook when you have questions about policies, procedures or annual events such as Convocation.

#### National Health Service Corps Scholarships and Loan Repayment Programs

Community Scholarship Program (Nurse Practitioners) - funded under the Disadvantaged Minority Health Improvement Act of 1990, the Community Scholarship Program (CSP) awards grants to states to increase the availability of primary health care in urban and rural health profession shortage areas. It is a demonstration program with approximately \$500,000 to support up to 12 states per year. For additional information and eligibility requirements contact the Office of Student Support Services in 1418 Schweppe or:

Community Scholarship Program Division of Scholarship and Loan Repayment

Loans Repayment Program Branch 4350 East-West Highway, 10th Floor Bethesda, MD 20814

Telephone: (800) 435-6464 or (312) 594-4400

FAX: (301) 594-4981

Scholarship Program (Nurse Practitioners) - The National Health Service Scholarship Program is available for health professional students interested in the primary care specialties and committed to servicing part or all of their career in a health professional shortage area. Completed applications are due the last Friday in March. Applications may be submitted before acceptance to an accredited school. In that case the letter of acceptance from the school is due in mid July for Nurse Practitioners. To obtain more information contact the Office of Student Support Services or write or call:

National Health Service Corps Scholarship Program 1010 Wayne Avenue, Suite 1200 Silver Spring, MD 20910 Phone: (800) 638-0824

Loan Repayment Program (Primary Care Nurse Practitioners and Psychiatric Nurse Specialist) - To receive loan repayment, participant must agree to provide primary care services in a priority health profession shortage area for a minimum period of 2 years. You may extend the obligation beyond 2 years for 1 year at a time. Participant must be a U.S. citizen with a valid, unrestricted State license and/or certificate to practice in the state in which you plan to serve. To learn more about this program contact the office of Student Support Services or write or call:

National Health Service Corps Loan Repayment Program 8201 Greensboro Drive, Suite 600 McLean, VA 22102 Phone (800) 221-9393

State Loan Repayment Program (Nurse Practitioners) - The National Health Service Corps (NHSC) State Loan Repayment Program (SLRP) is part of the overall strategy of the NHSC to improve access to primary and preventive health services for underserved communities and populations. The NHSC provides funds directly to states for the operation of Loan Repayment Programs. The Federal Government and States provide a dollar for dollar match to assist in the repayment of qualifying educational loans for eligible participants. To learn more about this program contact the Office of Student Support Services or:

Ms. Catherine Ring
Chief, Center for Rural Health
IL Department of Public Health
535 W. Jefferson
Springfield, IL 62762
Phone (217) 782-1624
FAX: (217) 782-2547

#### 1996 HELENE FULD HEALTH TRUST FELLOWSHIPS

Deans and Directors in all schools of nursing preparing students for RN licensure may nominate one student for the 1996 Fuld Fellowships. Selected students will attend the International Conference on Cancer Nursing, August 9-19, 1996 in Brighton, Sussex, United Kingdom. Nominees must meet the following criteria:

•Be a full time nursing student enrolled in a program preparing students for RN licensure at the time of nomination and returning to the same nursing program in the 1996 fall term. (Note that students graduating before the end of the 1996 fall term are not eligible.)

- •Have a minimum cumulative grade point average of 3.4 (on a 4.0 scale).
- •Be above average in all clinical classes.
- Demonstrate leadership in nurs ing student association or commu nity health activities.
- •Be respected by his or her peers and have the ability to represent the United States internationally in a favorable manner.
- •Agree to share Conference insights with faculty and peers.

## **RUSH DEADLINE: NOVEMBER 17, 1995**

If you or a classmate meet these criteria, please discuss nomination with Dr. Havnes.

## FOR ADDITIONAL INFORMATION CONTACT:

National Student Nurses' Association 555 West 57th Street, Suite 1327 New York, NY 10019 (212) 581-2211, ext. 214 Ask for Diane Mancino

#### Administered for the Helene Fuld Health Trust by the National Student Nurses' Association.

Interested students must submit an application to the Office of Student Support Services by November 17, 1995 so that the Scholarship Committee can choose the Rush Fuld Fellow Nominee. Rush must submit their nominees' application to the NSNA office by December 11, 1995.

Applications and additional information are available in the Office of Student Support Services in 1418 Schweppe.

#### psmith@rpslmc.edu

Just two short years ago, I was unhappily (so I thought) wallowing in my computer illiteracy. Oh, how I grumbled at having to do receiving . . . by hand, file . . . by hand, price books . . . by hand. Then the bookstore jumped to the 90's by computerizing - point-of-sale, as they say - our registers, our ordering, our invoicing. Then we went on line with Accounts Payable. Then we went to electronic transfer for charge cards. Then we invested in Media Works so customers could view medical software. It has a CD-Rom and not only did we have to learn how to put a disk in the crazy thing, but people actually expect us to know which disks are interactive. which have random questions, etc. This spring I went to a conference where we discussed the World Wide Web for three days. As a result, you can now surf the Web and buy books from Rush University Bookstore (http://www.lb.com -bookstore code: RUS). I've taken a DOS class, a Windows class, and am signed up to take Lotus and Internet classes. Two weeks ago I attended a meeting where it was suggested that the bookstore switch to Unix, a multi-user system. While I was there, the cyber fairies were installing e-mail and Internet on my computer. Last week I went to a training session for the new Time and Attendance computerized system Rush is begging to use.

I feel like the student in that Far Side cartoon who raises his hand and asks, "May I be excused? My brain is full." In two years we went from nothing to three big computers, with three extra terminals, three electronic transfer terminals (which immediately crash if the card holder has a devil worshiper

phone prefix (I won't mention any names), three printers, each dedicated to a specific function, and connections to the world! Gone are those good old days of writing everything down by hand! I don't think I can even find a pencil anymore. I also don't think I even have the faintest idea of what's going on. But then, I figure I only need to know what buttons to push, not why to push them.

Sadly enough for me is that this is the wave of the future. I decided that my ideal job would be turning the sign from "slow" to "stop" on a road construction crew. Surely there is no way they could ruin that job by computerization! And, my whole job security thing is in jeopardy. Everybody is predicting that books are going to be things of the past. Already many of the big tomes have their CD-Rom versions: Harrison's, the Miller, Netter's Atlas. PRETEST, for heaven's sake! We'll have to change the name of the store.

Well, so far there are still those of us who need those guide books (for Dummies, a not so distant cousin to the Ridiculously Simple Series). I personally can't imagine heading for a long soak in the tub with a good computer program, so maybe we have a few good years left.

If you, however, are embracing this whole computer revolution with wider spread arms than I, keep the bookstore in mind. As I said, we have much in the way of medical software for you to sample (much more for you to buy), help books, and the long awaited and much heralded, RUMBA. We can also show off our computer skills, which mainly involve swearing, but sometimes result in finding a book or printing a label.

## **ACADEMIC SKILLS CENTER**

Michael J. Harris, Ph.D., Director

#### Thoughts About Stress Management in a Health Professions University

School related stress is a major problem for between 6 and 10 million students each year (Barker, 1987). Between 4 and 12 percent of students are at high risk for developing stress related problems which would probably interfere with learning (Hill and Sarason, 1966). There is also the phenomenon of "achievement stress" - an emotional reaction to the perception that one may be expected to do more or perform better because he or she has a certain academic fund of knowledge or experience. This condition is sometimes called the "invisible disability" because it is rarely detected, but generally gets worse as the student progresses through school (Hill and Wigfield, 1984). There are some serious consequences to "achievement stress" - academic failure, behavioral or emotional problems and health problems.

Frey (1980) reported that reducing stress in a selected population of students improved performance in reading, arithmetic and spelling. Hughes et. al. (1979) gave a similar report for handwriting as did Omizo and Michael (1982) for students who exhibited poor attention skills. Inattention to the diagnosis and treatment of academic stress may mean that we can expect to see more "Type A" personalities in the future. The American Psychiatric Association (1980) reported that stress-related mental disorders were 200 to 400% more prevalent than any other emotional problem which required clinical attention. The most widely prescribed medication in the United States is Valium. Cawood (1981) suggested that stress at the time of his report was at epidemic proportions.

I would not have to argue too vocally to persuade either students or faculty of Rush University that they frequently experience a consistent, exaggerated and overwhelming sense of urgency because of the various demands their academic tasks place on them (i.e. stress). This phenomenon is often coupled with frustration. School tasks often trigger achievement stress, a learned, inappropriate distress habit which impairs school performance. Among the manifestations of achievement stress are: test anxiety (Sarason et al., 1960), math anxiety (Tobias, 1980), stage fright (e.g. anxiety associated with public speaking or making a presentation in front of peers, fear of boardwork in class and writer's block).

Some factors in the educational environment which may impact achievement stress are:

- 1. Insensitivity of instructors and significant others who behave as though the student has chosen not to perform well academically when, in fact, he or she has to deal with a real learning impairment.
- 2. The variability of ability among students for achievement and mastery of various content areas and/or their ability to perform on standardized tests.
- 3. Over-dependency of some students on others for their academic survival.
- 4. The stigma perceived by some students and attached by peers and some instructors to requests for extra help such as tutorial assistance.
- 5. Intra-personal concerns by some students about having their academic difficulties known about by others (especially by peers).

The emotional discomfort of worry, feelings of being overwhelmed and the accompanying unpleasantness of anxiety distract attention from the accomplishment of cognitive tasks. At worst, stress can be a trigger for a panic reaction or for an anxiety attack (e.g. blanking out during a test). It may also serve as an initiator for a "flight response" which may lead to careless "rushing errors" (misreading examination instructions, hurrying through an exam,

marking wrong responses on exams or missing important details when studying). The result is likely to be poor academic performance, an increasing fear of failure and, all too often, more stress.

Proper stress management is important if a student is to break the link between irrelevant stress reactions and dealing appropriately with academic tasks. Most Rush students have heard Dr. Marilyn Johnson's orientation talk about stress (delivered with her inimitable wry humor). All of the do's and don'ts she speaks about which apply to being academically successful ought to be dusted off and thought about from time to time during the academic year. That is one certain way to avoid the need for visiting Dr. Johnson or her staff in their professional capacities (they are much more fun to be with at parties!).

Rubenzer's (1988) comments on the ABC's of Stress Management are summarized below:

•Adopt stress reducing attitudes - construct a relaxed learning environment; use humor as an outlet for stress induced frustration; do one at a time thinking; recognize the importance of affirmative, positive thinking on academic performance; practice positive self talk (be the little engine that could); when all else fails, don't be afraid to discuss your seemingly "overwhelming" academic problems with a counselor or advisor.

•Engage in stress reducing behaviors-learn and practice relaxation methods (in the vernacular, learn to "chill out" when the load seems to a be too large to carry).

•Once you have mastered stress reducing behaviors, take on challenges which stretch, but do not overwhelm your abilities (come to know your limitations as well as you do your strengths).

•Make the creation and maintenance of a minimal stress personal zone a real priority and be prepared for the

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growth and change that must come for academic (and other) progress to occur.

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### **HERE'S E-MAIL!**

E-mail access is now available to all Rush University students through Academic Computing Resources (ACR) for a one-time \$3.00 processing fee. To get your copy of the software and your e-mail address, fill out a request form in the PC Lab, located on the 4th floor, Academic Facility (443 AF) behind the McCormick Learning Resource Center.

It takes several business days to activate your account. You will receive an e-mail user's guide brochure and a data disk (no extra charge) which you must use to access your e-mail. View your e-mail on workstations in the CAI Lab (534 AF) during business hours M-F, 8:30am-11pm. On Saturday and Sunday, the ACR is open from 11am-11pm. During the hours when the ACR is not staffed, call Security at x2-5678. You must present your current Rush University I.D. to Security Staff to gain access.

Presently, the e-mail software can only be used at Rush and not from your home computer. ACR staff are working on options to allow access to your e-mail account via modem by dialing into the Rush network. Stay tuned for future developments!

## **BOOKSTORE NOTICE**

DUE TO AN INCREASE IN ABUSE BY RUSH STUDENTS AND STAFF, AS WELL AS OUTSIDERS, THE BOOKSTORE WILL BEGIN NOVEMBER 1, 1995 TO STRICTLY ADHERE TO ITS POLICIES:

- •IF AN ID IS NOT PRESENTED NO DISCOUNT WILL BE GIVEN. THE FUTURE OF THE DISCOUNT IS IN YOUR HANDS!
- •IF NO RECEIPT IS PRESENTED, NO REFUND OR STORE CREDIT WILL BE ISSUED.
- •ABSOLUTELY <u>NO RETURN OR</u> <u>CREDIT</u> WILL BE GIVEN ON REVIEW BOOKS.

## HEALTH AND FITNESS PROGRAMS



#### Call 942-2817 to register for any of the following programs

#### **Aerobics**

Low-impact, circuit, step and toning classes are offered throughout the week at noon and 5:30 pm. Attend your first class for free! Call 942-2817 for dates and times.



#### **CPR**

A Healthcare Provider course will be offered on Tuesday, November 7 from noon until 3:30 p.m. This certification course will cover infant, child, adult and two-person CPR skills. In December a Pediatric CPR course will be offered Thursday, December 7 from 8:30 a.m. until noon. This course will cover child and infant CPR as well as pediatric injury prevention. Cost is \$15. Pre-registration required.

#### **Great American Smokeout**

Trade in your pack of cigarettes at our GAS (Great American Smokeout) station outside the cafeteria on Thursday, November 16 from 11:30 a.m. until 1:30 p.m. and receive a coupon for a free COLD TURKEY sandwich. All smokers who take on the non-smoking challenge will be put into a free raffle drawing for GREAT prizes!

#### **Lunch 'N Learn**

Lunch 'N Learn sessions for November and December include: November 7 - "Improving your Financial Health" and December 20 "Progressive Relaxation". Both sessions will be held at noon in 211 Cafeteria. Registration required.

#### **Lunchtime Stress Express**

Don't let this holiday season get you stressed out. Attend "Holiday Stress Management" on Friday, November 3 at noon in 210 Cafeteria.

#### **Mocktails**

Stop by the cafeteria during lunch hour on December 5 to sample non-alcoholic mocktails and receive recipes for these and other non-alcoholic drinks for a safe and sober holiday season.

#### Secret Stairwell Santa

Commit to taking the stairs instead of the elevators on December 14 and you're likely to find one of our Secret Stairwell Santas handing out prizes. Commit to be fit in December.

#### **Self-Breast Exam Class**

Learn how to properly do this life saving technique. This 45-minute session will provide education on breast cancer risk factors, American Cancer Society guidelines and proper techniques for self-breast exam. Held in the Comprehensive Breast Center, 863 Professional Building, at noon on Tuesday, November 7 and December 5.

## **ENTERTAINMENT**

#### TGI-TREK!

Friday, November 3 - 4:30 p.m. to 7:00 p.m.

10-Forward (Schweppe Auditorium)

The Office of Student Affairs invites you to go where no Rush student has gone before. So prepare for a warp speed party, we think you will enjoy it!



#### **BRAKE FOR EXAMS!**

Part 1 - Monday, November 20 1:00 p.m. - 4:00 p.m. Schweppe Student Lounge

Part 2 - Monday, December 11 10:00 a.m. - 1:00 p.m. 539 & 540 AcFac

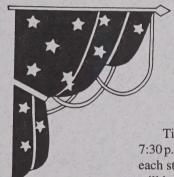


Let us warm the cockles of your heart. Stop by for a quick spirit fix. We wish you luck on your exams!

#### MEDICAL COLLEGE ANNUAL HOLIDAY PARTY!

#### Friday, December 15 12 noon - 8:00 p.m. Schweppe Auditorium

The Medical College offers you an opportunity to relax and enjoy the holidays with friends, faculty, and colleagues. There will be plenty of food and drink to compliment the holidays.



#### **Student Affairs Ticket Window**

#### A Christmas Carol

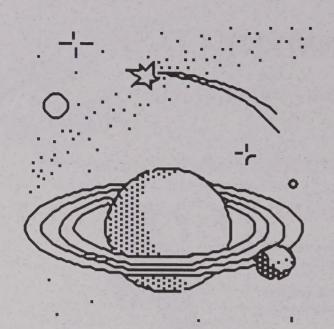
Tickets will be available for the show on November 12, 1995 at 7:30 p.m. at the Goodman Theatre. The price is \$12.00 per ticket and each student may purchase two tickets. We have 30 tickets which will be on sale starting October 30, 1995.



We have tickets for the show on December 10, 1995 at 2:00 p.m. for the Arie Crown Theatre. Tickets are \$10.00 each and each student may purchase two tickets. We have 20 tickets which will be on sale beginning November 13, 1995.

#### **Cineplex Odeon and Sony Movie Theatres**

Tickets are available for Cineplex Odeon and Sony Movie Theatres. The price is \$4.00 each and the tickets can be used for any show. A list of Cineplex and Sony Theatres is in the Office of Student Affairs.



Rush Students,
ASK SCOTTY
TO
BEAM YOU UP

to the

# STAR TREK T.G.I.F.

NOVEMBER 3RD 4:30 - 7:00 P.M. SCHWEPPE AUD.

